**2024 NFHS Rule Book**

**NFHS Rule Book – Rule 1 – The Game, Field, Players, and Equipment**

**SECTION 1 THE GAME**

ART. 1 ... It is the object of the game for one team to carry or pass the ball across the opponent's goal line or to kick the ball through the opponent's goal by a place kick or drop kick. The game is won by the team which accumulates the most points.

ART. 2 ... The game of football is played with an inflated ball by two teams on a rectangular field 360 by 160 feet. While the ball is live, an interval called a down is in progress and the team in possession attempts to advance the ball by carrying, kicking, or passing it. If a foul occurs, the penalty loss, if not declined, is enforced during the interval between downs. The team in possession has a series of four downs numbered 1, 2, 3 and 4 to advance the ball to the line to gain, which is usually 10 yards in advance of the spot where the series begins. Points are scored by touchdown, successful try, field goal or safety.

ART. 3 ... Each team shall begin the game with 11 players, but if it has no substitutes to replace injured or disqualified players, it may continue with fewer.

ART. 4 ... The game is administered by game officials whose title and duties are stated in the NFHS Football Game Officials Manual. **NOTE:** Each state association may determine the number of game officials to be used.

ART. 5 ... Prior to the game, the referee shall meet with the head coach(es) and captain(s) and explain that everyone is expected to exhibit good sportsman­ship throughout the game.

ART. 6 ... The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referee's decisions are final in all matters pertaining to the game.

ART. 7 ... The game officials shall assume authority for the game, including penalizing unsportsmanlike acts, 30 minutes prior to the scheduled game time - an earlier time if required by the state association - or as soon thereafter as they are able to be present.

ART. 8 ... The game officials' authority extends through the referee's declaration of the end of the fourth period or overtime. The game officials retain clerical authority over the game through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the game officials had jurisdiction. State Associations may intercede in the event of unusual incidents that occur before, during or after the game officials' jurisdiction has ended or in the event that a game is terminated prior to the conclusion of regulation play.

ART. 9 ... The game officials shall have the authority to make decisions for infractions of the rules. The use of any replay or television monitoring equipment by the game officials in making any decision relating to the game is prohibited, unless used in compliance with Rule 1-3-7 NOTE as authorized in a state association postseason game.

ART. 10 ... The referee's decision to forfeit a game is final.

ART. 11 ... Protests of NFHS rules are not recognized.

**SECTION 2 THE FIELD AND MARKINGS**

ART. 1 ... The field shall be a rectangular area with dimensions, lines, zones, goals, and markers as shown on the accompanying diagram. There shall be two sidelines running the length of the field along each side that serve as boundary lines for play. It is recommended there be a slope of ¼ inch per foot from the center of the field to each sideline on a natural grass field. There shall be two goal lines, running parallel to each other and perpendicular to the sidelines. The field of play is the area within the boundary lines, and the goal lines. There shall be two endlines, running parallel to each other, parallel to the goal lines that serve as a boundary line for play.

**NOTE:** The rise from each sideline to the center of a natural grass field is 20 inches when the recommended slope is used.

ART. 2 ... Yard-line markers, constructed of soft, pliable materials, if placed on the ground, should be no closer than 5 yards to the sideline.

ART. 3 ... Lines and other markings:

a. Lines shall be marked with a non-caustic, nontoxic material designed for marking fields such as powdered gypsum, calcium carbonate and liquid aerosol paint. It is recommended that these lines be white. Neither lime, hydrated lime, or other chemical derivatives of lime, nor caustic material of any kind may be used for marking football fields.

b. Yard lines shall be marked with a continuous line every 5 yards beginning and ending 4 inches from each sideline.

**NOTES:**

1. Game administration may place on the field of play, 4 inches from each sideline, yard-line extensions that should be 24 inches in length and 4 inches in width.

2. If the field of play has a logo in the center or at any other part of the field of play, that logo shall not obstruct the visibility of the required marks every five yards. A solid or shadow-bordered 4-inch-wide line is permissible. A shadow line is a line that designates the required 4-inch width by use of a border or outline lines, at least ¼-inch wide which shall lie within the 4-inch width. Shadow lines that are the natural color of the field of play are permissible. The area within these lines need not be one color, but the continuous 4-inch-wide outline must be clearly visible to the game officials.

c. End lines and sidelines shall be continuous lines at least 4 inches wide. All other field dimension lines should be marked 4 inches in width.

d. A 4-inch'-widerestraining line shall be placed around the outside of the field, at least 2 yards from the sidelines and end lines, as an extension of the line limiting the team box area, except in stadiums where the total playing enclosure does not permit the restraining line. It is recommended that the restraining line be marked by placing 12-inch-long lines, separated at 24 inch intervals.

**NOTE:** Game administration may place 4-inch wide and 12-inch long bisecting marks along the restraining line at each 5-yard line between the goal lines.

e. A series of "hash marks" should be 24 inches in length and 4 inches in width and shall be located 53 feet, 4 inches from and parallel with each sideline dividing the field of play longitudinally in thirds. The lines shall be marked so that each 5-yard line bisects the hash mark.

**NOTES:**

1. Game administration may place on the field of play, with the inner edge of the extension in line with the outer edge of the hash mark, yard-line extensions that should be 24 inches in length and 4 inches in width.

2. It is permissible to use college or professional fields with hash marks marked at the distance specified by their respective codes, and with advertising and/or commercial markings placed on the field of play by home management that meet the requirements of Rule 1-2-31.

f. 9-yard marks, 12 inches in length and 4 inches in width, shall be located 9 yards from each sideline. The 9-yard marks shall be marked so that at least each successive 10-yard line bisects the 9-yard marks. These marks shall not be required if the field of play is visibly numbered. If on-the-field numbers are used, the tops of those numbers shall be 9 yards from the sideline, should be 6 feet in height and 4 feet in width and may include directional arrows next to the yard-line numbers indicating the direction toward the nearest goal line.

g. Team boxes shall be marked on each side of the field outside the coaches' area between the 25-yard lines for use of coaches, substitutes, athletic trainers, etc., affiliated with the team. The coaches' area is a minimum of a 2-yard belt between the front of the team box and the sideline, and becomes a restricted area when the ball is live.

**NOTES:**

1. It is permissible for both team boxes to be on the same side of the field, provided each team box is marked between respective 20- and 45-yard lines.

2. It is recommended goal lines and the team box boundaries be marked in a color which contrasts with other field markings and the area between the sidelines arid the team box boundaries be solid white or marked with diagonal lines.

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

h. Decorative markings in the end zones shall be no closer than 2 feet from the boundary and the goal lines.

i. Measurements shall be from the inside edges of the boundary marks, such marks being out of bounds.

j. Each goal-line mark shall be entirely in its end zone so the edge toward the field of play and its vertical plane is the actual goal line. The goal line shall extend from sideline to sideline.

k. A line, 4 inches wide and a minimum of 24 inches in length, shall be centered in the field of play, three yards from each goal line.

I. Advertising and/or commercial markings shall not obstruct the yard lines, hash marks or 9-yard marks (7-yard marks in nine-, eight- and six-player competition).

ART. 4 ... A soft, flexible pylon, which is 4 inches square, 18 inches high, either orange, red or yellow in color, and does not create risk, shall be placed at the inside corner of each of the intersections of the sidelines with the goal lines and the end lines, as well as with each intersection of the hash marks extended and shall be placed either 3 feet beyond the end lines or on the end lines. When properly placed, the goal line pylon is out of bounds at the intersection of the sideline and the goal line extended.

ART. 5 ... The goal:

a. The goal is the vertical plane midway between the sidelines extending indefinitely above the inside of the uprights and the front edge of the crossbar and in the same vertical plane as the inside edge of the end line.

b. The top of the crossbar shall be 10 feet above the ground, measured from the base of each upright to the top of the crossbar at the intersection, or at each end of the crossbar perpendicular to the ground when a single pedestal is used.

c. The crossbar shall be 23 feet, 4 inches long.

d. The uprights shall be 23 feet, 4 inches apart inside to inside and each upright may not exceed 4 inches in width.

**NOTE**: It is permissible to use college or professional fields with goal post uprights set at the width specified by their respective codes.

e. The uprights shall extend a minimum of 10 feet above the crossbar.

f. The goal posts shall be padded with resilient, shock absorbing material to a height of at least 6 feet above the ground.

g. The horizontal crossbar and the uprights above it shall be free from any decorative material except paint which is recommended to be either silver, white, or yellow in color. One wind directional streamer may be attached to the top of each upright. Wind directional streamers shall be 4 inches in width, 42 inches in length and either red, orange, or yellow in color.

**SECTION 3 GAME EQUIPMENT**

ART. 1 ... The ball shall meet the following specifications:

a. A tan-colored cover consisting of either pebbled-grain, cowhide, or approved composition (leather or rubber) case without corrugations other than those formed by the natural seam grooves and the lace on one of the grooves.

b. One set of either eight or 12 evenly spaced laces. The length of the lace shall be confined to within 3¾ inches measured linearly from each end of the ball and not in the nose indentation. The laces shall extend from the center of the ball to at least the line which shall be 3 ¾ inches measured linearly from each end of the ball and not in the nose indentation.

c. A continuous 1-inch white or yellow stripe centered 3 to 3¼ inches from each end of the ball free from decorations or logos added during or after production. Stripes shall be located only on the two panels adjacent to and perpendicular to the seam upon which the laces are stitched.

d. Conforms to the shape and dimensions:

Long Circumference – 27 3/4” to 28 1/2”, Long Axis – 10 7/8” to 11 7/16”, Short Circumference – 20 3/4” to 21 1/4”

e. Weighs between 14 and 15 ounces.

f. Inflated to a pressure of 12½ to 13½ psi (pounds per square inch) or 878.8 to 949.1 grams per square centimeter.

g. The ball for 9th grade and above, shall include the NFHS Authenticating Mark.

A current list of NFHS authenticated products can be found on the website, www.nfhs.org.

h. Contain only the following permissible items:

1. Ball manufacturer's name and/or logo;

2. School name, logo and/or mascot;

3. Conference name and/or logo;

4. State association name and/or logos; and

5. NFHS name and/or logos. ,

i. Method of measuring the ball:

1. All measurements shall be made after the ball is inflated to 13 psi.

2. The long circumference should be measured 90 degrees from lace around the ends of the ball, over the groove but not in the groove.

3. The long axis should be measured from end to end but not in the nose indentation.

4. The short circumference should be measured around the ball, over the valve, over the lace, but not over a cross lace.

5. The laces must extend from the center of the ball to at least the line which shall be 3 ¾ inches measured linearly from each end of the ball and not in the nose indentation.

ART. 2 ... Each team shall provide at least one legal ball to the referee at the time the game officials assume authority for the game. Only legal balls approved by the referee may be used during the game.

Each team may use any referee-approved ball of its choice to free kick or start a new series of downs. If a touchdown occurs following a change of possession and the scoring team did not put the ball in play; any referee-approved ball may be used for the try.

**NOTE:** By state association adoption, a specific ball which meets specifications may be mandated for postseason or state playoff competition.

ART. 3 ... The referee shall decide whether the ball meets specifications, and the referee or any other game official may order the ball changed between downs.

ART. 4 ... A kicking tee shall be made of pliable material which elevates the lowest point of the ball no more than 2 inches above the ground.

ART. 5 ... Either a yardage chain which joins two rods exactly 10 yards apart or any other 10-yard indicator with a visible line-to-gain indicator shall be used as the official line-to-gain equipment. This equipment and a down indicator shall be provided by game management.

a. The line-to-gain indicator shall be used to fix the line to gain, and the down indicator shall be used to mark the spot of the ball and indicate the number of the down in a series. The game officials shall check the line-to-gain indicator for accuracy prior to the start of the game.

b. The official line-to-gain and down indicators shall be operated approximately 2 yards outside the sideline opposite the press box, except in stadiums where the total playing enclosure does not permit. If there is no press box, the location will be specified by game management at the request of the head linesman. The line-to-gain indicator shall be removed from the sideline when the line to gain is the goal line.

c. Unofficial auxiliary line-to-gain and down indicators may be used on the sideline opposite the official line-to-gain and down indicators, and shall be operated approximately 2 yards outside the sideline, except in stadiums where the total playing enclosure does not permit.

d. All line-to-gain and down-indicator rods shall have flat lower ends covered by protective caps.

**NOTE:** It is recommended that the members of the crew wear distinctive vests or jackets furnished by home or game management.

ART. 6 ... A timing device referred to as the "game clock" shall be provided by the game management. The operator(s) shall be approved by the referee.

ART. 7 ... Other than replay or television monitoring equipment, game officials may use supplementary equipment to aid in game administration as authorized by the state association.

**NOTE:** A state association may create instant-replay procedures to permit game or replay officials to use a replay monitor during state postseason games to determine if a decision by the on-field game officials is incorrect.

**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. 2 ... For convenience, a player is designated by his position on offense during the snap. Figure 1-4-2 shows one of the offensive formations and the recommended numbering of players according to position.

ART. 3 ... Each player shall be numbered O through 99 inclusive. Any number preceded by the digit zero is illegal. See 7-2-5.

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.

**SECTION 5 PLAYER EQUIPMENT**

**NOTE:** As mentioned in Section 5, under Player Equipment, NOCSAE refers to the National Operating Committee on Standards for Athletic Equipment and SFIA refers to the Sports and Fitness Industry Association.

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:

a. Helmet and Face Mask:

1. A helmet and face mask which met the NOCSAE standard at the time of manufacture. The face mask shall have a surface covered with resilient material designed to prevent chipping, burrs or abrasiveness and be

properly secured to the helmet as designed by the manufacturer.

2. The helmet shall be secured by a properly fastened chin strap with at least four attachment points.

**NOTE:** All players shall wear helmets that carry a warning label regarding the risk of injury and a manufacturer's or reconditioner's certification indicating satisfaction of NOCSAE standards. All such reconditioned helmets shall show recertification to indicate satisfaction with the NOCSAE standard. The coach's pregame verification to the referee and another game official that all players are legally equipped and in compliance with the rules includes the exterior warning label.

b. Jersey:

1. A jersey, unaltered from the manufacturer's original design/production, and which shall be long enough to reach the top of the pants and shall be tucked in if longer. It must completely cover the shoulder pads and all pads worn above the waist on the torso.

2. Players of the visiting team shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria:

(a) 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) shall all be white.

(b) The body of the jersey shall contain only the listed allowable, adornments and accessory patterns in a color(s) that contrasts to white:

(1) as the jersey number(s) required in 1-5-1c or as the school's nick­ name, school logo, school name and/or player name within the body and/or on the shoulders,

(2) either as a decorative stripe placed during production that follows the curve of the raglan sleeve or following the shoulder seam in traditional yoke construction, not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches,

(3) within the collar, a maximum of 1 inch in width, and/or

(4) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any non-white color may not appear within 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). The exception to (4) would be what is stated in (2) above.

**NOTE:** One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

(c) The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.

3. Players of the home team shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria:

(a) 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.

(b) The jerseys of the home team shall all be the same dark color(s) that clearly contrasts to white. If white appears in the body of the jersey of the home team, it may only appear:

(1) as the jersey number(s) required in 1-5-1c or as the school's nick­ name, school logo, school name and/or player name within the body and/or on the shoulders,

(2) either as a decorative stripe placed during production that follows the curve of the raglan sleeve or following the shoulder seam in traditional yoke construction, not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches,

(3) within the collar, a maximum of 1 inch in width, and/or

(4) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any white color may not appear within 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). The exception to (4) would be what is stated in (2) above.

**NOTE:** One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

(c) The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.

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 1 ½-inches wide.

4. The color and style of the number shall be the same on the front and back.

5. 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.

d. Pads and Protective Equipment - The following pads and protective equipment are required of all players:

1. Hip pads and tailbone protector which are unaltered from the manufacturer's original design/production.

2. Knee pads which are unaltered from the manufacturer's original design production, which are worn over the knee and under the pants and shall be at least ½ inch thick or ¾ inch thick if made of shock absorbing material.

3. Shoulder pads and hard surface auxiliary attachments, which shall be fully covered by a jersey.

4. Thigh guards which are unaltered from the manufacturer's original de­ sign/production.

5. (a) A single tooth and mouth protector (intraoral) which shall:

(1) include an occlusal (protecting and separating the biting surfaces) portion;

(2) include a labial (protecting the teeth and supporting structures) portion; and

(3) cover the posterior teeth with adequate thickness.

(b) It is recommended that the protector be properly fitted, protecting the anterior (leading) dental arch and:

(1) constructed from a model made from an impression of the individual's teeth; or

(2) constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.

e. Pants which completely cover the knees, thigh guards and knee pads and any portion of any knee brace that does not extend below the pants.

f. Shoes which shall be made of a material which covers the foot (canvas, leather or synthetic) and attached to a firm sole of leather, rubber or com­ position material. Shoes may have cleats or may be cleat less. Among the items which do not meet these requirements are gymnastic slippers, tennis shoes cut so protection is reduced, ski and logger boots and other apparel not intended for football use:

1. Removable cleats shall conform to the following specifications:

(a) Constructed of a material which does not chip or develop a cutting edge.

(b) Legal cleat material includes leather, nylon, rubber, and non-metallic polymers that will not chip or develop a cutting edge while functioning as a cleat. Cleats may be tipped with a steel material hardened

to a Rockwell hardness approximately C55 to a depth of .005-.008 while minimizing the risk of brittle failure of the tip component, in its entirety, including any shafts or threads that may be a part of the tip.

(c) The base and the tip of the cleat shall be parallel.

(d) The free end of the cleat may be rounded in an arc with a radius of not less than 7/16 inch provided the overall length is not more than ½ inch measured from the tip of the cleat to the sole of the shoe.

(e) The cleat may be attached to a raised platform which is molded to the shoe. The platform may be no more than 5/32 inch in height and must be wider than the base of the cleat. The widest part of the cleat must be in direct contact with the platform. The 5/32 inch raised platform must be wider than the base of the cleat and must extend across the width of the sole to within ¼ inch or less of the outer edges of the sole.

(f) A single toe cleat does not require a raised platform that extends across the width of the sole. The raised platform of the toe cleat is limited to 5/a2inch or less.

(g) The 5/32-inch platform is measured from the lowest point of the platform to the sole of the shoe.

(h) An effective locking device which prevents the exposure of metal posts shall be incorporated.

(i) The cleat wall shall be at least 3/16 inch in diameter.

(j) The sides of the cleat shall taper uniformly from a minimum base of ¾ inch in diameter to a minimum tip of 3/8 inch in diameter.

2. Nonremovable cleats are limited to studs or projections that do not exceed ½ inch in length measured from the sole of the shoe to the tip of the cleat and which are made with-nonabrasive rubber or rubber-type synthetic material that does not have or develop a cutting edge.

ART. 2 ... The following auxiliary equipment may be worn if sanctioned by the umpire as being soft, nonabrasive, nonhardening material:

a. Forearm pads, which may be anchored on each end with athletic tape.

b. Gloves, which may be anchored with athletic tape, and even though modified, must meet the NOCSAE standard or the SFIA specification at the time of manufacture, unless made of unaltered plain cloth. Gloves, unless made of unaltered plain cloth, must have a permanent, exact replica of the NOCSAE glove seal (Meets NOCSAE Standard) or SFIA glove seal (Meets SFIA Specification , that must be visible and appear legibly on the exterior wrist opening of-the glove.

**NOTES:**

1. A glove is a covering for the hand having separate sections for each finger. Pads worn on the hand, but not having separate sections encircling at least part of any finger are not gloves. The thumb is not considered a finger.

2. Non-athletic gloves, worn solely for warmth and made of unaltered plain cloth, and which do not enhance contact with the ball, do not require a label or stamp indicating compliance.

c. Tape, bandage or support wrap on the hand or forearm to protect an existing injury.

**EXCEPTION:** Tape, bandage, or support wrap(s) not to exceed three thicknesses are legal without inspection or approval.

ART. 3 ... Illegal equipment. No player shall participate while wearing illegal equipment. This applies to any equipment, which in the opinion of the umpire is dangerous, confusing, or inappropriate. Illegal equipment shall always include but is not limited to:

a. The following items related to the Game Uniform:

1. Jerseys and pants that have:

(a) A visible manufacturer's logo/trademark or reference exceeding 2¼ square inches and exceeding 2¼ inches in any dimension.

(b) More than one manufacturer's logo/trademark or reference on the outside of either item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference).

(c) Sizing, garment care or other non-logo labels on the outside of either item.

2. Slippery or sticky substance of a foreign nature on equipment, towel, uniform, opponent or on an exposed part of the body which affects the ball or an opponent.

3. Tear-away jerseys or jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey.

4. Any transverse stripe on the sleeve below the elbow.

5. Uniform adornments, with the exception of:

(a) One moisture-absorbing solid-colored towel that:

1. is not ball- or penalty flag-colored;

2. is no less than 4 inches in width and 12 inches in length;

3. is no greater than 18 inches in width and 36 inches in length;

4. has no more than one visible manufacturer's logo/trademark reference that does not exceed 2¼ square inches and does not exceed 2¼ inches in any dimension; and

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

(b) Moisture absorbing sweatbands, when worn on the wrist beginning at the base of the thumb and extending no more than 3 inches toward the elbow.

b. The following items related to Pads and Padding:

1. Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm unless padded with a closed-cell, slow-recovery foam padding no less than ½" thick.

2. Knee and ankle braces which are altered from the manufacturer's original design/production.

**NOTE:** Knee and ankle braces that are unaltered do not require any additional padding.

3. Knee braces worn over the pants.

4. Plastic material covering protective pads whose edges are not rounded with a radius equal to half the thickness of the plastic.

5. Rib pads and back protectors unless fully covered by a jersey.

6. Shin guards that do not meet the NOCSAE standard at the time of manufacture.

c. The following Other Illegal Equipment:

1. Ball-colored helmets, jerseys, patches, exterior arm covers/pads, undershirts, or gloves.

2. Electronic communication devices used to communicate with a player except during an outside 9-yard mark conference (7-yard marks in nine-, eight- and six-player competition), including electronic signage to signal plays or information from the sideline.

3. Eye shade (grease or no-glare strips or stickers) that is not a solid stroke or includes words, numbers, logos, or other symbols within the eye shade.

4. Eyeshield attached to the helmet that is not:

a) Constructed of a molded rigid material; or

b) Clear without the presence of any tint.

**NOTE:** Tinted eyewear worn on the face and under the face mask is legal.

5. Jerseys, undershirts, or exterior arm covers/pads manufactured to enhance contact with the football or opponent.

6. Jewelry. Religious medals and a medical alert indicator are not considered jewelry. Religious medals or other religious items must be taped to the body and may be visible.

7. Metal which is projecting or other hard substance on clothes or person.

8. Play cards not worn on the wrist or arm.

9. Equipment not worn as intended by the manufacturer.

ART. 4 ... Prior to the start of the game, the head coach shall be responsible for verifying to the referee and another game official that all of his players are legally equipped in compliance with these rules and will use no illegal equipment. Any questions regarding legality of a player's equipment or the presence of required equipment shall be resolved by the umpire.

ART. 5 ... When any required player equipment is missing or worn improperly, an official's time-out shall be declared. If the missing or improperly worn equipment is detected during the down or subsequent dead-ball action related to the down without being directly attributable to a foul by an opponent or if a player is wearing otherwise legal equipment in an illegal manner, the player shall be replaced for at least one down, unless halftime intermission or an overtime intermission occurs. If proper and legal equipment has become improperly worn through use but prompt repair is possible and does not delay the ready-for-play for more than 25 seconds, such repair may be made without replacing the player for at least one down. (3-5-2b, 3-5-5b, 3-5-7e, 3-5-10d, 3-5-10e)

ART. 6 ... Each player shall properly wear the mandatory equipment while the ball is live.

**SECTION 6 COACHES FIELD EQUIPMENT**

ART. 1 ... Electronic communication devices including but not limited to audio recorder, Local Area Network (LAN) phones and/or headsets, mobile phones, still photograph(s), film, analog or digital video(s) and/or Internet depictions, shall not be used to communicate with a player except during an outside 9-yard mark conference (7-yard marks in nine-, eight- and six-player competition).

**NOTE:** Each state association may authorize the use of a drum by a team composed of deaf or partially deaf players, in order to establish a rhythmic cadence following the ready-for-play.

ART. 2 ... Electronic communication devices including but not limited to audio recorder, Local Area Network (LAN) phones and/or headsets, mobile phones, still photograph(s), film, analog or digital video(s) and/or Internet depictions may be used by coaches and nonplayers.

**SECTION 7 State Association Adoptions**

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| **TABLE 1-7** | |
| **TABLE OF STATE ASSOCIATION ADOPTIONS** | |
|  |  |
| 1. Determine the number of game officials to be used in the game. (1-1-4 NOTE) | 9. Establish a procedure to resolve games tied following the fourth period. (3-1-1 NOTE) |
| 2. Determine the time for game officials to assume authority if greater than 30 minutes. (1-1-7) | 10. Establish a point differential to terminate games or to use a running game clock when the point differential is reached. (3-1-2) |
| 3. Approve an extension of the team box if the same for both teams. (1-2-3g NOTE 3) | 11. Establish rules regarding continuation of interrupted games. (3-1-4) |
| 4. Mandate the use of a specific ball for postseason or playoff competition. (1-3-2 NOTE) | 12. Determine the length of halftime intermission. (3-1-6) |
| 5. Authorize the use of supplementary equipment to aid in game administration. (1-3-7) | 13. Determine when the coin toss is to be held. (3-2-1) |
| 6. Authorize the use of instant replay during state postseason games. (1-3-7 NOTE) | 14. Authorize the use of TV/radio time-out (3-5-7k) |
| 7. Authorize the wearing of a commemorative/memorial patch.  (1-5-1b(2)b, NOTE, 1-5-1b(3)b NOTE) | 15. Designate the 11-player field dimensions as official for nine-, eight- and six-player competition. |
| 8. Authorize the use of a drum for rhythmic cadence for deaf or partially deaf teams.  (1-6-1 NOTE) | 16. Determine the dimensions of the field for nine-, eight- and six-player competition. |

**SECTION 8 STATE ASSOCIATION ACCOMMODATIONS**

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.