

2013 FOOTBALL HIGHLIGHTS

IOWA FREE KICK RULE CHANGE

THE IOWA FREE KICK EXPERIMENTAL RULE HAS EXPIRED): We now follow NFHS rules: A free kick shall be made from any point between the hash marks and on K's free-kick line. A punt may NOT be used for a free kick other than after a safety. Once designated, k must kick from that spot. When a punt is used following a safety, the ball must be kicked within one step behind K's free-kick line. In an emergency, such as a pool of water on K's free kick line, the referee has the authority to move the ball to a playable line, in which case, both free kick lines are moved to compensate. There are no player restrictions regarding how many players need to be on each side of the kicker IN THE 11 OR 8 PLAYER GAME, except for after the ball is marked ready for play and until the ball it has been kicked, no player, other than the kicker and the holder for a place kick may be beyond his free kick line.

9-3-8 No member of the kicking team shall initiate contact to (block) an opponent on a free kick until:

- a. The legal kick has traveled 10 yards;
- b. The kicking team is eligible to recover a free kicked ball; or
- c. The receiving team initiates a block within the neutral zone

Officials Black Nylon Officiating Pants: Beginning with the 2013 football season, football officials have the option of wearing white knickers with Northwestern stripe socks or black nylon officiating pants with solid black socks throughout the entire season, including play-offs (regardless of the weather). We require all varsity crews to wear the same officiating attire and strongly encourage lower level crews to dress alike, but we understand this is not always possible. Starting with the 2016 football season, all football officials will be required to wear the black nylon football officiating pants at all 9-12 football contests.

HEAT STRESS: Coaches, early football practices are conducted in very hot and humid weather here in Iowa. Due to the equipment and uniforms needed in football, heat stress must be given proper attention. Please be sure to take the proper precautions.

The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water breaks. Two or three times per hour are better than one break an hour. Probably the best method is to have water available at all times and allow the athlete to drink water whenever needed. Never restrict the amount of water an athlete drinks and be sure the athletes are drinking the water rather than simply pouring it over their heads. Talk to your medical personnel concerning emergency treatment plans.

Referees, you have the authority to take additional time-outs to give players additional rest and fluids. During hot and humid weather use good judgment and allow additional time-outs. These time-outs are officials' time-outs and are not charged to either team. Each high school may purchase a heat and humidity gauge (\$71.00) and a heat index table will be sent to each school to help determine whether or not it is safe for athletes to participate. The host school's management will have access to this gauge and table. The guidelines on the table range from increasing the number of breaks taken to canceling the contest. If the host school's management indicates certain precautions should be taken for the safety of the players, those precautions should be taken immediately.

SECOND UNSPORTSMANLIKE FOUL BY A PLAYER IS DISQUALIFICATION: It is the responsibility of the players to control their emotions and behavior to avoid being charged with unsportsmanlike conduct. Any player who receives a second unsportsmanlike foul will be disqualified from the game and the IHSAA ejection rule will be invoked. Most coaches will remove a player from the game if he displays unsportsmanlike behavior. An extensive list of examples of unsportsmanlike conduct is listed in the rules book. Game officials must keep an accurate record of those players charged with an unsportsmanlike foul. If a player receives a second player/non-player unsportsmanlike penalty, the player will be disqualified. Please keep in mind, any single **flagrant** act continues to result in an ejection from the game.

OVERTIME PROCEDURE: There are two things you must remember with regard to overtime as it pertains to games played in Iowa. (a) Once the choice of goals has been made, all overtimes for that game will be played at the same end of the field. The only exception would be if officials decide field conditions warrant changing goals for the safety of the players. (b) When the score is tied at the end of the fourth quarter, the referee will instruct both teams to return to their respective team boxes. There will be a three minute intermission during which both teams may confer with their coaches. (c) Officials should assemble at the 50-yard line, review the procedure, each team will receive one time-out per overtime; time-out's **do not** carry over. Linesman will go to the team on the side of the field where the line-to-gain equipment is located and the line judge will go to the team on the opposite side of the field to inform the coaches they each receive one time-out in the overtime and escort the respective captains to the center of the field for the coin toss. (e) At the coin toss, the visiting team captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given the choice of defense or offense or designating the end of the field

where the ball will be put in play. (f) If the score remains tied after each team has been given one series, the overtime procedure shall be repeated until the winner is determined after the completion of the first overtime. There will be an intermission of two minutes during which the loser of the initial coin toss will have the first choice of options. If additional periods are required, the first choice of options will be alternated. You do not have a coin toss prior to the beginning of each additional overtime period. You alternate choices following the first winner of the coin toss. Remember, after the first choice, the end of the field is not an option. (g) If Team B gains possession, the down in series for A ends immediately. In other words, if Team B (team on defense) recovers a fumble or intercepts a pass, the down and series ends once Team B gains possession. Review "Resolving Tied Games" procedures as outlined in the Football Rule Book, pages 87-88.

OVERTIME PROCEDURE AT THE FRESHMAN, SOPHOMORE AND JUNIOR VARSITY LEVEL OF COMPETITION: This overtime rule is for sub-varsity football only, if the score is tied at the end of the fourth period. In freshman, sophomore and junior varsity level contests only, **ONE overtime** period will be played in an attempt to resolve the tie if the score is tied at the end of the fourth period. If the score remains tied at the end of one overtime period, the game will end as a tie. **Each team will be provided one time-out in this overtime** (regardless of any unused time-outs left over from the regulation game), same number of time-outs our varsity teams receive via the current National Federation Rule for overtime games. **There is no overtime in junior high contests.**

1-5-3c(8): Play cards must be worn on the wrist. **It is illegal to wear play cards on the football pant belt.**

2-3-7 Blocking below the waist is making initial contact below the waist from the front or side against an opponent other than the runner. **Contact with an opponent's hand(s) below the waist that continues into the body below the waist is considered blocking below the waist.** Blocking below the waist applies only when the opponent has one or both feet on the ground.

1-2-3 Notes 2 and h & i: 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 the rule 1-2-3i (measurements shall be from the inside edges of the boundary marks, such marks being out of bounds. Advertising and/or commercial markings may not obstruct the yard lines, hash marks or nine-yard marks (seven yard marks for eight player contests).

13-POINT TIEBREAKER RULE (RULE 8.3.1 EXCEPTION): If a touchdown is scored during the last down of the **fourth period**, a try for point shall not be attempted unless the point(s) would affect the outcome of the game or play-off qualifying.

The Iowa rule will be: If the final score could result in the point differential being 12 points or less, the try will be attempted.

Play 1: A-27; B-10. Team B scores on the last play of the fourth period to make the score A-27; B-16. Ruling: The point differential will be 12 points or less. Therefore, the try will be attempted.

Play 2: A-20; B-0. Team B scores on the last play of the fourth quarter to make the score 20-6. Ruling: The point differential could be 12 points. Therefore, the try will be attempted.

Play 3: A-7; B-0. Team A scores on the last play of the fourth period to make the score A-13; B-0. Ruling: The point differential cannot be 12 points or less. Therefore, **no** try will be attempted.

Keep in mind the exception to Rule 8-1-3 as it refers to a touchdown that is scored on the last play of the fourth period. If a game ends in a tie and we have an overtime period, we follow the overtime procedure as we have previously. The overtime procedure states, "All game rules will apply except: b) No try will be made if the winner of the game has been determined."

Play 4: The game ends in a 0-0 tie. In the first overtime, Team A is on offense to start the overtime period. Team A does not score. Team B now goes on offense and scores a touchdown. Ruling: The game is over. The final score is Team A-0; Team B-6. No try is attempted in this situation due to the fact a winner has been determined as overtime procedure dictates.

OVERTIME GAME: When a regulation game ends in a tie score, the overtime procedure is used. For purposes of the 13-point tie-breaker rule, the winner of an overtime game will receive a (+1) and the loser of the overtime game will receive a (-1) in the 13-point tie-breaker system.

NOTE: The score differential in an overtime game is not a factor. It is simply the winner receives a (+1) and the loser receives a (-1) in all overtime district games. **(In overtime, no try will be attempted** if the winner of the game has been determined).

COACHES: When entering your score into the member school link, make sure individual reporting indicates "overtime" if outcome was determined in overtime.

HARD CASTS/SPLINTS:

RULE 1-5-3b1 - ILLEGAL Hard substance in its final form such as leather, rubber, plastic, plaster or fiberglass when worn on the hand, wrist, forearm, or elbow **UNLESS COVERED ON ALL EXTERIOR SURFACES WITH NO LESS THAN ½ INCH THICK, HIGH DENSITY, CLOSED-CELL POLYURETHANE, OR AN ALTERNATE MATERIAL OF THE SAME MINIMUM THICKNESS, AND WITH SIMILAR PHYSICAL PROPERTIES TO PROTECT AN INJURY. WRITTEN MEDICAL PHYSICIANS LETTER NO LONGER REQUIRED.**

RULE 1-5-3B - 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. There may be no hard edges or surfaces.

Knee and ankle braces which **are altered** from the manufacturer’s original design or production require closed cell, slow-recovery foam padding no less than ½ “ thick.

IHSAA FOOTBALL PLAY-OFF SEMIFINAL & FINAL-ROUND GAMES FOR ALL-CLASSES:

SEMIFINALS: ALL semifinal round games will be played at Cedar Falls, UNI-Dome (All-Classes).

THURSDAY, NOVEMBER 14th 8-Player Game 1 10:06 AM; Game 2 1:06 PM
Class 3A Game1 4:06 PM; Game 2 7:06 PM

FRIDAY, NOVEMBER 15th Class A Game 1 10:06 AM; Game 2 1:06 PM
Class 4A Game 1 4:06 PM; Game 2 7:06 PM

SATURDAY, NOVEMBER 16th Class 1A Game 1 10:06 AM; Game 2 1:06 PM
Class 2A Game 1 4:06 PM; Game 2 7:06 PM

CHAMPIONSHIP: Thursday & Friday November 21st & 22nd, 2013, at Cedar Falls, UNI-Dome.

Game times:	Thursday November 21	Friday November 22
	8-player – 10:06 AM	Class 1-A – 11:06 AM
	Class A - 1:36 PM	Class 2-A - 2:06 PM
	Class 3-A - 7:06 PM	Class 4-A – 7:06 PM

EIGHT-PLAYER FOOTBALL RULES DIFFERENCES:

NEW 8 Player Game Only: The 35 point rule will go into effect starting with the **second quarter**, not halftime like the 11 player rule. Clock will start the second quarter with the snap or once the ball is legally touched on a free kick. Note: (a) normal clock operating procedures will resume when a team scores to make the point differential less than 35 points. **New:** Addition to this rule, **clock stops for any penalty administration** (Grades 7-12)

Chop Block Rule Redefined in High School Football

FOR IMMEDIATE RELEASE Contact: Bob Colgate

INDIANAPOLIS, IN (February 14, 2012) — A change in the definition of a chop block in high school football, along with a strong emphasis on proper use of the helmet to minimize risk of injury, highlighted the January 21-23 meeting of the National Federation of State High School Associations (NFHS) Football Rules Committee in Indianapolis. The modification of the chop block rule was one of 11 rules changes recommended by the Football Rules Committee and approved by the NFHS Board of Directors.

The new language in Rule 2-3-8 defines a chop block as “a combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is low (at the knee or below) and one of the blocks is high (above the knee).”

Previous language defined a chop block as “a delayed block at the knees or below against an opponent who is in contact with a teammate of the blocker in the free-blocking zone.”

Bob Colgate, NFHS assistant director and liaison to the Football Rules Committee, said that any combination block where one block is high (above the knee) and one block is low (at or below the knee) will constitute a chop block – with or without delay between the blocks. He also noted that a low-low combination block is no longer a chop block. **Although not an official rules change, perhaps the most significant action by the committee was the issuance of the 2011 Points of Emphasis on concussions, helmets and contact above the shoulders.**

The NFHS has been the leader in establishing playing rules to deal with concussions. Last year, the NFHS implemented new guidelines for the management of a student exhibiting signs, symptoms or behaviors consistent

with a concussion. In addition, the NFHS developed a free online course entitled **Concussion in Sports – What You Need to Know**, which has been viewed by more than 135,000 persons.

“The committee chose not to change many of the playing rules as it intends to ensure the continued focus on minimizing risk of injury to high school football players,” said Julian Tackett, chairman of the NFHS Football Rules Committee and commissioner of the Kentucky High School Athletic Association. “The minimal number of rules changes in high school football this year verifies that the country feels like the game is in great shape.”

In other rules changes, the committee standardized the rules regarding the replacement of apparently injured players, players who exhibit concussion signs and symptoms, and players who are bleeding or have blood on their body or uniform. Players removed in any of these situations must leave the game for at least one down, and the time-out is an officials’ time-out, not one charged to the team.

The rules committee also defined two types of authorized team conferences – the “Outside Nine-yard Mark Conference” and the “Between Nine-yard Mark Conference.” When an injury occurs and the referee grants an authorized conference, it must be an “Outside Nine-yard Mark Conference.” Colgate said this will provide medical personnel time and space to address the injured player.

Three changes were approved in Rule 1 – The Game, Field, Players and Equipment. In Rule 1-1-8, language was added to note that “game officials maintain administrative responsibilities for the contest through the completion of any required reports or correspondence in response to any action occurring while the officials have jurisdiction.” The revised rule further notes that “state associations may intercede in the event of unusual incidents after the officials have signaled the end of the game or in the event a game is terminated prior to the conclusion of regulation play.”

In Rule 1-5-1, the detailed specifications for thigh guards were deleted because they were not necessarily applicable to newer technologies used in current production. The requirements for wearing thigh guards and that the guards be unaltered from the manufacturer’s original design/production remain part of the rule.

Restrictions on eye shade were added to Rule 1-5-3c. If used, eye shade must be applied using a single solid stroke under each eye.

“The committee’s intent was that eye shade be located below and within the width of the eye socket and not extend below the cheekbone,” Colgate said. “No words, numbers, logos or other symbols of any type may be included within the eye shade.”

Four changes were approved by the committee in Rule 9 – Conduct of Players and Others. Those revisions include the following:

- All horse-collar fouls being treated as live-ball fouls.
- Roughing-the-passer penalties being enforced from the dead-ball spot when there is no change of team possession and the dead-ball spot is beyond the line of scrimmage.
- The illegal participation rule includes a player who intentionally goes out of bounds and, while out of bounds, affects the play, touches the ball or otherwise participates.
- Establishing an unsportsmanlike foul against the head coach for failure to adhere to the limits on squad members being on the field of play during the coin toss.

A final change was made regarding running clock/mercy rules in nine-, eight- and six-player rules.

2012-2013 OFFICIALS MANUAL CHANGES

1. The line judge and umpire switch positions on the Five-Game Officials kickoff coverage
2. The alignment and coverage areas for the Five-Game Officials kickoff coverage has been adjusted.
3. The second half choices will be done through communication with the head coaches. **Captains are no longer brought to the center of the field.**
4. When the ball becomes dead near the sideline and the first down is gained, **the covering official will stop the clock, DO NOT WIND TWICE as in previous years when inbounds.** Crew communication will notify the referee when to wind the clock following the ready-for-play signal if the player was inbounds.

GENERAL: Eleven player rules are used for eight player football with the following modifications.

RULE 1: Each team has 8 players. The field is 80 yards between goal lines and 40 yards wide with 15-yard side zones. Seven-yard marks, 12 inches in length and 4 inches in width, shall be located 7 yards from each sideline. The 7 yard marks shall be marked so that at least each 10-yard line bisects the 7-yard marks. These marks shall not be required if the field is visibly numbered. If on-the-field numbers are used, the tops of those numbers shall be 7 yards from the sideline.

RULE 2: The free-blocking zone is a square area extending laterally 3 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.

Seven yard mark required for 8-player football: The rule change requires all 8 players to be momentarily, between the 7 yard marks after the ready for play and prior to the snap, and adhere to all other pre-snap requirements.

RULE 6: K's free kick line is its 30-yard line and R's free kick line is the 40.

RULE 7: A. At least five Team A players shall be on their line at the snap.

B. After the ball is marked ready for play, each player of A who participated in the previous down, and each substitute for

A must have been, momentarily, between the 7-yard marks, before the snap.

C. Each Team A player (regardless of jersey number) who at the snap was on an end of the scrimmage line (total of two)

and each Team A player who at the snap was legally behind the scrimmage line (possible total of three) is eligible.

RULE 8: On the eight player field, the ball is snapped after a touchback and is free kicked after a safety from the 15-yard line.

35-POINT DIFFERENTIAL RULE: A substitute who enters the game for the first time when the point differential is 35 points or greater, the substitute is not required to count this game toward the 14-game limitation rule. This will permit schools with small numbers to be able to substitute and allow players to play after the game has reached a 35-point differential and not affect the ninth grade and junior varsity schedule by not having enough eligible players once we reach the latter part of the season.

35-POINT DIFFERENTIAL RULE 11 Player Game Only: Anytime the score differential reaches 35 points or more, the clock will run continuously except for the following situations when it will be stopped:

1. Any time-out charged to a team
2. After a score
3. Intermission between third and fourth quarters
4. Extended injury time-out. Only if we need to bring the coach out
5. Anytime officials determine it is necessary for safety reasons
6. **NEW: For penalty administration (THIS APPLIES FOR 8 PLAYER & 11 PLAYER) Applies 7-12**

Note: (a) normal clock operating procedures will resume when a team scores to make the point differential less than 35 points. (b) use of this rule does not preclude the use of Rule 3-1-3 which reads: "A period or periods may be shortened in any emergency, by agreement of the opposing coaches and referee. By mutual agreement of the opposing coach and the referee, remaining periods may be shortened at any time or the game may be terminated."

COACHES: This is a reminder to you that if you have any player who wears a Medical Alert bracelet or necklace, it is your responsibility to make medical personnel who are covering your contests aware of that fact so proper medical treatment may be given in the event of an injury. Playing rules specify that Medical Alert bracelets and necklaces must be taped to the body but may be visible. When verifying that all of your players are legally equipped prior to the contest, officials should be made aware of any tape covering a medical alert bracelet or necklace.

VIDEOTAPING OR FILMING: Videotaping or filming is permissible in scouting your opponent. The host school shall be notified prior to the contest. Space for taping or filming for scouting is not required of the host school. Handheld cameras are recommended.

HAZARDOUS WEATHER GUIDELINES

The primary concern when signs of hazardous weather are present is the safety of participants and spectators. **Have a safety plan for any type of hazardous weather that may occur, which includes identifying safe shelters and having someone monitor weather conditions.** Practice and follow the plan. Know where people will go for safety and know how much time it will take for them to get there. Have specific guidelines for suspending the event so everyone has time to reach a place of safety before the threat becomes significant.

SUSPENSION OR POSTPONEMENT OF CONTESTS

I. Prior to the contest officials' assuming authority.

A. The home school's management shall determine whether a contest should be suspended or postponed due to severe weather.

1. In making the decision whether or not to suspend or postpone a contest the host management should first take into consideration the safety of the participants and spectators.
2. Playing surface conditions should be considered and what continued use may do to the surface.
3. If the decision is made by the host management to postpone the contest, administrators from both schools should mutually agree if, and when, to reschedule.

II. Once the contest officials' authority begins.

- A. Refer to NFHS playing rules, or IHSAA post-season rules, for the exact rules in each sport regarding contest officials' authority to suspend the contest.

III. Postponing the contest.

- A. Wait a sufficient amount of time to see if the severe weather will subside.
- B. Home management and/or contest officials shall decide whether to postpone or resume the contest.
- C. Playing surface conditions should be considered when making this decision.

V. If the contest resumes.

- A. Adequate time should be given for contestants to warm up prior to competition resuming.

V. If the contest cannot be resumed after a severe weather delay.

- A. Administrators from both schools need to come to an agreement. The contest may be considered complete with the existing score becoming the final score, or the contest may be postponed and continued from the point of interruption, at a time mutually agreed to by both schools.

LIGHTNING SAFETY

- A. All thunderstorms produce lightning and can be dangerous.
- B. When cloud-to-ground lightning is seen or thunder is heard outdoor activity should be stopped and everyone should be directed to shelter.
- C. Do not resume activities until approximately 30 minutes have passed since the last lightning/thunder was heard.

SEVERE WEATHER CONDITIONS

- A. **A severe weather watch** (flood, thunderstorm, tornado, etc.) is issued when conditions are favorable for severe weather to develop.
 - 1. Host management should be prepared for an abrupt suspension of the contest and for informing all participants and spectators to move to a place of safety.
 - 2. **Consideration should be given to the length of time it will take to clear the contest area and for all participants and spectators to move to a place of safety.**
- B. **A severe weather warning** is issued when severe weather is imminent.
 - 1. Host management should suspend the contest when there is a significant threat of severe weather and inform all participants and spectators to move to a place of safety.
 - 2. **Follow the safety plan that your school has developed.**