

# FOOTBALL

**"A Tradition of Excellence"**

# 2022



## Suffolk County Football

Tim Horan, CAA

Section XI Football Chair

West Islip Public Schools

The Michael and Christine Freyer Administration Building

100 Sherman Avenue, West Islip, New York 11795

TEL: (631) 930-1540 FAX: (631) 893-3245

August 2022

Dear Section XI Football Coaches,

Welcome to the 2022 football season! It is my pleasure to serve as the Section XI football chairperson...and I look forward to another successful season while working with the Suffolk County Football Coaches Association.

It is my job to serve as your liaison to the NYS Public High School Athletic Association & Section XI. Please do not hesitate to call me at the West Islip Administration Building at 631-930-1540 or e-mail me at [t.horan@wi.k12.ny.us](mailto:t.horan@wi.k12.ny.us) should you have any questions or concerns.

Sincerely,

Tim Horan

Section XI Football Chairperson



Suffolk County Football  
Tim Horan, CAA  
Section XI Football Chair  
TEL: (631) 930-1540 FAX: (631) 893-3245

**Agenda- 2022 HS Football Coaches Meeting**

1. WELCOME / ATTENDANCE:

STEVE FASCIANI/ MIKE MARRATO- COACHES ASSOCIATION  
GREGG SARRA/ANDY SLAWSON- NEWSDAY SPORTS  
MARC NEGRIN SR.- SCFOA PRESIDENT; DAN COLLETTI -RULES  
INTERPRETER; CARL SUPERINA- SECRETARY  
TOM BRUNO- T & D SPORTS  
JOHN CAMPOLETTANO- LI BLITZ

2. NEWSDAY- PRESEASON SURVEY; GAME RESULTS; STATS-  
GAME REPORTING PROCEDURE

3. TOM BRUNO- T & D SPORTS; JOHN CAMPOLETTANO- LI BLITZ

4. DAN COLLETTI- 2022 RULE CHANGES - Question & Answer session

**Coaches- Shortage of officials; WORK WITH OFFICIALS!!!!!!!!!!!!**

3. IMPORTANT DATES

-2022 START DATE- **MONDAY, AUGUST 22, 2022**

-10 PRACTICES REQUIRED- 1<sup>st</sup> POSSIBLE SCRIMMAGE/CONTEST –  
**FRI SEPT 2**

-SEPT. 26 & 27; October 5 - HOLIDAYS - NO SCRIMMAGE OR GAMES

7. SEASON/PRACTICE

**a) 2 DAYS- 3 DAYS- 5 DAYS (10 days)**

The first two (2) days of practice must be noncontact, without the use of protective equipment and mechanical blocking devices. The use of cones, ropes, ladders, step- over dummies, soft hand shields and similar devices as teaching aids is permissible. Helmets may be worn. The next three (3) days provide a transition from the conditioning phase to full contact. During this phase, players are permitted to wear helmet and shoulder pads. Blocking dummies, sleds and similar devices are permitted. During this phase, player to player tackling drills, team scrimmaging, running full contact plays, etc., is not permitted. The following five (5) days consist of contact practice with full protective equipment and the use of all training devices. (Feb. 2019) Full player to player contact and team scrimmaging is permitted. NOTE: For any violation of this rule, the head coach will be suspended from the next regularly scheduled contest.

**b) SPALDING ALPHA BALL- PLAYOFFS**

**c) COMBINED PRACTICE REQUIREMENTS**

A. Coaches will instruct their own players. B. "Live Contact" is permitted but not required. C. Athletes/ Teams may not participate in a combined practice until the first five (5) day of practice have been completed. D. Drills may not exceed more than seven (7) players from each team.

**d) FOOTBALL CONTACT LIMITATIONS**

Contact in the sport of football for High school and modified football teams shall have no more than two "Full-Contact practices" per week during the season; with no Full- Contact" session to exceed 90 minutes. "Full-contact" means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game. Limitation of "Full-Contact practices" will begin with the 13th day (high school and the 14th day (modified).

**e) JV/VARSITY EXCEPTION-**

A football player shall be permitted to participate in both the JV and Varsity football games for his school without violating the nights rest rule and maximum number of contests. The following requirements must be met: 1. The player shall participate in 10 or less plays on one of the two contests 2. There be a TWO NIGHT rest period between the two contests.

**f) TARGETING DISQUALIFICATION-**

A player who is disqualified for "targeting" (by a certified official) may not participate in the next two halves (sits remainder of half plus next 2 halves).

**g) LOSIDED SCORE STRATEGIES**

**h) SCRIMMAGE RULES**

Football scrimmages shall be governed by the following: 1. No official score is kept. 2. No definite time is set or kept. 3. Coaches are permitted on the field to provide instruction and make corrections. 4. Different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play. 5. Unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods. 6. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules. 7. No kickoffs are permitted. 8. Punts and extra point kick attempts may involve live play until the ball is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately. 9. The total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 live contact plays during the entire scrimmage. 10. No admission may be charged. 11. The participation of student support groups such as cheerleaders, bands, kick lines, etc., are prohibited.

8. PLAYOFF INFORMATION- MEMO IN PACKET

9. WEATHER - -HEAT ACCLIMAZATION/ COLD/HEAT ALERTS; THUNDER/  
LIGHTENING- KNOW POLICIES

10. DUAL PARTICIPATION – KICKING -FORMS TO ME & SECTION XI PRIOR TO  
FIRST GAME

11. PORTABLE ENDZONE CAMERAS – BOTH TEAMS (HOME AND AWAY)

12. RISK MINIMIZATION

A) NOCSAE- 10 YEAR HELMET LIFE EXPECTANCY- NO 2012 OR OLDER  
HELMETS

B) TOMMY TOUGH STANDARDS- Endorsed throughout the NYSPHSAA

## 2022 Football Calendar

(10-5 rule ends Sunday August 28; no time restrictions starting Monday, August 29)  
(Rosh Hashanah 9/26 and 27; Yom Kippur 10/5)

WEEK 1	Monday, AUG 22	DAY 1
WEEK 2	<b>Friday, Sept 2*</b>	<b>GAME 1* Div 4</b> / SCRIM Div. 1, 2, 3
WEEK 3	Saturday, SEPT 10	GAME 1
WEEK 4	Saturday, SEPT 17	GAME 2
WEEK 5	Saturday, SEPT 24	GAME 3
WEEK 6	Saturday, Oct 1	GAME 4
WEEK 7	Saturday, OCT 8	GAME 5
WEEK 8	Saturday, OCT 15	GAME 6
WEEK 9	Saturday, OCT 22	GAME 7
WEEK 10	Saturday, OCT 29	GAME 8
WEEK 11	Saturday, NOV 5	PLAYOFF QUALIFIER
WEEK 12	Saturday, NOV 12	SEMI FINALS
WEEK 13	Fri/ Sat, NOV 18/19	COUNTY CHAMP
WEEK 14	Fri NOV 25 & Sat 26	LIC (Thanksgiving Weekend)

### Football Tournament Dates – 2022

#### Section XI Qualifier

Friday, November 4, 2022	Higher Seed	4:00 p.m. or later
Saturday, November 5, 2022	Higher Seed	1:00 p.m. or later

#### Section XI Semi's

Friday, November 11, 2022	Higher Seed	4:00 p.m. or later
Saturday, November 12, 2022	Higher Seed	1:00 p.m. or later

#### \*Section XI Finals

Thursday, November 17, 2022	Stony Brook University	7:00 p.m.	Division III
Friday, November 18, 2022	Stony Brook University	4:00 p.m.	Division IV
Friday, November 18, 2022	Stony Brook University	7:30 p.m.	Division II
Saturday, November 19, 2022	Stony Brook University	12:00 noon	Division I

#### Long Island Championships

Friday, November 25, 2022	Hofstra University	12:00 noon	Class IV
Friday, November 25, 2022	Hofstra University	4:30 p.m.	Class II
*Saturday, November 26, 2022	Stony Brook University	12:00 noon	Class III
*Saturday, November 26, 2022	Stony Brook University	4:30 p.m.	Class I

\*Subject to change

**SECTION XI  
SPORT COMMITTEE 2022-2023  
SPORT CHAIR AND  
COACHES" REPRESENTATIVES**

Sport: \_\_\_\_\_ FOOTBALL \_\_\_\_\_

Chair: \_\_\_\_\_ Tim Horan \_\_\_\_\_

**2022 FOOTBALL COACHES REPS**

<b>DIV I</b>	<b>CHRIS BOLTREK</b>	<b>WARD MELVILLE</b>
	<b>PAUL LONGO</b>	<b>WILLIAM FLOYD</b>

<b>DIV II</b>	<b>STEVE MILETI</b>	<b>WEST ISLIP</b>
	<b>NICK LOMBARDO</b>	<b>LINDENHURST</b>

<b>DIV III</b>	<b>JAMIE LYNCH</b>	<b>ISLIP</b>
	<b>BRIAN SCHAUMLOFFEL</b>	<b>WESTHAMPTON</b>

<b>DIV IV</b>	<b>VINNY AMMIRATO</b>	<b>MT SINAI</b>
	<b>RICK PUNZONE</b>	<b>BABYLON</b>

**SCFCA**

<b>Steve Fasciani-</b>	<b>PRESIDENT SCFCA</b>
<b>Mike Marratto-</b>	<b>VICE PRESIDENT SCFCA</b>
<b>Greg Lauri-</b>	<b>SECRETARY SCFCA</b>
<b>Rick Punzone-</b>	<b>TREASURER SCFCA</b>

## 2022 FOOTBALL PLACEMENT – 52 Teams

DIVISION I		Division II	
Brentwood	4580	Lindenhurst	1401
Longwood	2255	Connetquot	1332
William Floyd	2132	Northport	1265
Central Islip	1760	Copiague	1193
Patchogue	1679	Huntington	1154
Riverhead	1571	Newfield	1110
Sachem East	1548	Smithtown East	1101
Walt Whitman	1545	HHH East	1068
Bay Shore	1524	Centereach	1059
Commack	1473	North Babylon	1055
Sachem North	1440	Bellport	1019
Ward Melville	1427	West Islip	990
		Smithtown West	966
		West Babylon	902

Division III		Division IV	
Deer Park	882	Kings Park	647
East Hamp/Bridg/Pier	854	Miller Place	636
Comsewogue	837	Greenport/Matt/South	557
East Islip	837	Hampton Bays	545
ESM	825	Shore- Wading River	537
Hauppauge	824	Mt. Sinai	531
HHH West	746	Elwood/John Glenn	527
Westhampton	723	Bayport-Blue Point	512
Wyandanch	717	SHampton/BH	444
Rocky Point	710	Center Moriches	408
Islip	707	Babylon	341
Sayville	701	Port Jefferson	245
Amityville	659		
Harborfields	656		

- **12-14-14-12** Structure by enrollment; **TWO YEAR STRUCTURE-** 2021 and 2022
- Student enrollment based (**annually**)
- If any team drops football, that division could have 1 less team and follow the Section XI football ‘drop team’ policy timeline.

**FOOTBALL DUAL PARTICIPATION  
SOCCER PLAYER/FOOTBALL KICKER  
RULES AND REGULATIONS**

1. Athletes who are being considered for dual participation as a soccer player and kicker on the football squad must be high school level students. Students may not be selectively classified from the middle school for this dual participation. Dual participation is permitted on Varsity, JV and JV9 football and soccer teams only.
2. The minimum number of practices required prior to scrimmages and contests are sport specific.
3. Rescheduling of contests will not be permitted to resolve conflicts in soccer and football schedules. Athletic Directors must determine the sport in which the soccer player/football kicker will participate.
4. While participating in football, the dual participant will not be considered a field player and can only participate in kicking situations. These situations will include PAT, field goal, kick-off, free kick following safety, or any free kick and punting situation.
5. Schools utilizing dual participants must designate the individual. That information must be sent to all opponents as well as the football coordinator prior to the first contest. The information should include the athlete's name, grade, height, weight and jersey number.
6. All fake kicks are permitted provided that the designated kicker lines up in a normal kicking position prior to the snap.
7. The misconduct policy is sport specific.

<b>FOOTBALL DUAL PARTICIPANT REGISTRATION FORM</b>	
SCHOOL YEAR	
SCHOOL	
COACH	
ATHLETIC DIRECTOR	
ATHLETE'S NAME	
GRADE	
HEIGHT	
WEIGHT	
JERSEY #	
<p><b>Prior to first contest:</b>  <b>E-mail Section XI Football Coordinator at <a href="mailto:t.horan@wi.k12.ny.us">t.horan@wi.k12.ny.us</a></b>  <b>E-mail Section XI Executive Director <i>+combs@sectionxi.org</i></b>  <b>E-mail Athletic Director of all opponents</b></p>	



# New York State Public High School Athletic Association, Inc.

## STAFF

Robert J. Zayas, Executive Director  
Robert E. Stulmaker, Assistant Director  
Todd Nelson, Assistant Director  
Joe Altieri, Director of Marketing & Media  
Joe Agostinelli, Media Content Coordinator  
Lisa Arnold, Treasurer



## OFFICERS

Stephen Broadwell, President  
James Osborne, 1<sup>st</sup> Vice President  
Paul Harrica, 2<sup>nd</sup> Vice President  
Eileen Troy, Past President

## MEMO

**TO:** NYSPHSAA Section Executive Directors  
**FR:** Robert Zayas, NYSPHSAA Executive Director  
**RE:** Football Contact Limitations  
**DATE:** June 5, 2015

On May 1, 2015 the NYSPHSAA Executive Committee approved limiting contact in the sport of football beginning with the 2015 season. The newly adopted Football Contact Limitation states:

*Contact in the sport of football for high school and modified football teams shall have no more than two "Full-Contact practices" per week during the season; with no "Full-Contact" session to exceed 90 minutes. "Full-contact" means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game.*

*Limitation of "Full-Contact practices" will begin with the 13th day (high school) and 14th day (modified).*

If you have any questions, concerns or need any clarification pertaining to this newly approved rule, please contact me, so we can address it prior to the start of the 2015 Football season.

Thank you.



## Suffolk County Football

Tim Horan, CAA

Section XI Football Chair

West Islip Public Schools

The Michael and Christine Freyer Administration Building

100 Sherman Avenue, West Islip, New York 11795

TEL: (631) 930-1540 FAX: (631) 893-3245

### **Suggested Strategies to Implement in Lopsided Football Contests**

#### Stronger/ Winning Team:

- 1) Substitute reserve players early in the contest
- 2) Call basic offensive running plays
- 3) Predetermine 'give' to inside runner when calling a triple option play
- 4) Refrain from throwing the ball
- 5) Agree to running the clock in second half if score is lopsided

#### Weaker/ Losing Team:

- 1) Don't call a blitz brigade every defensive play when opponent is calling basic running plays
- 2) When on defense, cover all wide receivers (don't leave wide receivers wide open by putting 11 guys in the box).
- 3) Don't onside kick late in a game if you are trailing by multiple scores and your opponent (winning team) has already substituted starters in an effort to control score from getting further lopsided.
- 4) Substitute accordingly
- 5) Agree to running the clock in second half if score is lopsided

Any concerns...athletic director needs to communicate with the athletic director from the opposing school. If concern is not resolved, athletic director may consider communicating with the Section XI sportsmanship committee.

**SECTION XI**  
**NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION**  
1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738  
631-366-0700

THOMAS COMBS  
EXECUTIVE DIRECTOR

PETE BLIEBERG  
ASSISTANT DIRECTOR

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To: All Sports Chairpersons  
From: Tom Combs  
RE: Sportsmanship

The New York State Public High School Athletic Association and Section XI would like to ask your cooperation in the promoting of the importance of proper sportsmanship at all of its athletic contests.

Trash talking, inappropriate comments and general poor sportsmanship have become an increasing problem and we would ask that you communicate the following guidelines with the coaches at your Mandatory Coaches Meeting.

1. **There will be zero tolerance for harassing statements related to gender, race, ethnicity, disabilities, sexual orientation or religion by players, coaches, fans or officials.** It is our goal to reinforce our expectations of proper sportsmanship at all times. Incidents or violations will be handled through the regulations outlined in the NYS and Section XI procedures with the appropriate penalties administered.
2. **We have asked the officials to deal with this type of behavior with immediate and strict enforcement.**
3. **Officials are not to be involved directly with the spectators.** Officials will report this type of behavior with fans directly to the home school and follow proper procedures. Home school game administration will be responsible for the conduct at the game site.
4. **Serious incidents or violations shall be reported to Section XI on the next Business day.**
5. Coaches are asked to reinforce proper sportsmanship with their players on a regular basis and model good sportsmanship themselves.
6. Athletic Directors are asked to please review with their coaches the NYSPHSAA expectations and monitor their athletes and staff.

Thank you for your cooperation and assistance in creating a positive, enjoyable and healthy athletic experience for all.

cc: Rita Redko

**SECTION XI**  
**NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION**  
**1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738**  
**631-366-0700**

THOMAS COMBS  
EXECUTIVE DIRECTOR

PETE BLIEBERG  
ASSISTANT DIRECTOR

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To: All Coaches  
From: Thomas J. Combs  
RE: Automatic External Defibrillators

**THE FOLLOWING POLICIES ARE IN PLACE AND MUST BE FOLLOWED RELATED TO**  
**AEDS AND EMERGENCY PROTOCOLS**

Coaches are reminded that Section 136.4 of the Regulations of the Commissioner of Education (9/2002) requires that schools provide and maintain sufficient automated external defibrillator equipment be available to ensure ready and appropriate access for use during emergencies as well as trained personnel to administer.

In order to provide an efficient and consistent handling of emergency situations the following steps **MUST** be followed:

1. The Home School is to be responsible for providing AED-trained personnel and a sufficient number of AED's at all interscholastic contests such that an AED can be effectively administered within 2-3 minutes to a stricken student-athlete, coach or spectator.
2. Prior to each contest, the home school coaching staff is to advise the visiting coaching staff and officials of the location of the AED and the personnel designated to utilize it.
3. All medical or AED-trained personnel that are present at the contest are to be identified prior to the contest.
4. All athletic emergencies are to be reported to the Athletic Directors of the respective districts immediately following the contest.
5. No contest will take place without an AED available and able to be administered as per #1 above.

Thank you for your cooperation and best of luck this season.

**SECTION XI**  
**NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION**  
1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738  
631-366-0700

**THOMAS COMBS**  
**EXECUTIVE DIRECTOR**

**PETE BLIEBERG**  
**ASSISTANT DIRECTOR**

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**DATE:** August 2022  
**TO:** Section XI Coaches of Officiated Sports  
**FROM:** Thomas J. Combs  
**RE:** **Rating Officials**

Section XI provides a vehicle for coaches to evaluate the performance of game officials. It is our feeling that the system we use is the most comprehensive and effective method possible. We ask for your cooperation in this effort.

Some specifics we wish to reiterate:

1. We are committed to protecting the right of each and every coach to rate officials. We believe it to be an obligation of each and every coach to evaluate, though fully understand that your main focus is appropriately your coaching task.
2. Officials DO NOT have access to the sources of their ratings. Confidentiality is a major priority. Even Section Sport Chairs are precluded from having this information. Though we work closely with the Presidents of officials groups, they will verify the confidentiality of your ratings. Only the Section office staff has knowledge of rating sources.
3. The success of the rating system is totally dependent on your cooperation.
4. When evaluating each official, carefully consider the keys to each category:

Excellent	(5)	Should be reserved for the truly <u>outstanding performance</u> , a performance you would want on a championship contest. Over the course of a season, there should be very few 5's given.
Good	(4)	Means just that - a <u>good</u> performance, <u>not outstanding</u> , but <u>better than acceptable</u> - no complaints. Generally, we would expect to see more 4's than any other rating.
Acceptable	(3)	Should speak for itself. We would expect a fair number of these.
Poor	(2)	Definite flaws; contest was <u>seriously</u> affected. Hopefully, you will not need to give many during a season.
Inadequate	(1)	Absolutely unacceptable throughout the contest. Hopefully, your need to use this will be rare.

Each individual rating chosen (on each category) is a separate computer entry. The computer "computes" for each official by adding the total points and dividing by 5. This is the overall game rating for the official. This results in overall ratings such as 4.2, 3.4, 3.6, or 3.8 in addition to the whole numbers.

Best regards for an enjoyable and productive season.

ratingofficials.coachesmtgs.coaches

# **“Tommy Tough” Football Safety Standards**

## **NYSPHSAA**

Section XI in its never ending mission to provide its student-athletes with positive and safe athletic experiences has embarked on a journey to make the great game of football even better. Through the vision of the Cutinella Family and the stakeholders of Suffolk County football it is our hope that we can introduce and implement changes that will protect the integrity of the game, minimize risk and allow for positive growth.

Meetings with the Section XI Football Committee, Section XI Safety Committee, Suffolk County Football Officials Association and the Suffolk County Football Coaches Association have zeroed in on the following goals that will begin to be implemented in the spring of 2016 in Section XI and throughout NYS in 2017.

- 1. Implementation of a mandatory safety statement that will be read pre-game by the officials to all players in grades 7-12 at all contests commencing in the fall of 2016.**
- 2. Identification of a “Player Safety Coach,” as per USA Football.**
- 3. Develop, promote and implement an education program for Athletic Directors, coaches, players, parents, spectators and communities focusing on safety and proper techniques as it relates to illegal helmet contacts. Programs will be designed and implemented targeting all stakeholders with our vision of minimizing risk thereby creating a safer game for all participants. Programs will begin in spring 2016.**
- 4. Support officials associations in the enforcing of NFHS rules and regulations related to the penalties for illegal contacts and hits. Flagrant fouls will result in the appropriate yardage penalty as well as the ejection of the athlete from the contest. The illegal hits of targeting, illegal helmet contact (butt blocking, face tackling and spearing) and defenseless player hits will result in the appropriate yardage penalty as well as the player being removed from the field for at least one play.**
- 5. Players and/or coaches ejected from a contest will be suspended from the next regularly scheduled contest as per the NYSPHSAA and Section XI Misconduct Policy. Repeated infractions may lead to additional penalties.**
- 6. The Suffolk County Football Coaches Association has pledged its support to the officials to make the calls necessary to minimize the risks of the all participants as well as maintain the integrity of the game.**
- 7. Support head coaches in the downloading of game film to the Officials Association for their review and use in the education and professional growth of all of its membership.**
- 8. Support and work with USA Football in its efforts to promote and implement programs that are being created for the benefit of all in the game.**
- 9. Work with Suffolk County Officials Association and Coaches Association in its commitment to dramatically reduce illegal hits. Data on the illegal hits of targeting, illegal helmet contact (butt blocking, face tackling and spearing) and defenseless player hits will be tracked and reported to Section XI for compilation. This data will aid us in the evaluation of our work.**
- 10. Work with our Officials Association in the exploration and development of the best possible evaluation programs.**
- 11. Commitment to bring each of these initiatives to the NYSPHSAA and NFHS level.**

We are confident that through the implementation of these strategies and commitment by all who love this great game we can create an even better experience for our student-athletes.

**Pre-Game Officials Statement:**

**“In an effort to minimize risks to you and your opponent, helmets are not to be considered weapons and are not to be used as weapons. Helmets are not to be intentionally used to initiate illegal helmet contact against an opponent, such as spearing, targeting, butt blocking and face tackling.”**

**Sample Public Announcement During Football Game (should be announced at least 2 times during contest):**

**“The (insert name of both schools) school districts salute the Suffolk County Football coaches, officials and Athletic Administrators for implementing the Tommy Tough Football Standards, thereby reducing risks for all Suffolk County football players. We ask all spectators to join the Suffolk County coaches in supporting the officials when they make calls pertaining to targeting, illegal helmet contact and defenseless player hits. Thank you for your anticipated cooperation.**

**CODE OF ETHICS FOR COACHES**

Section XI is committed to high ethical standards of conduct as applied to coaches and athletes, therefore coaches shall:

1. Know the rules of the game, the policies of Section XI, and the rules and regulations of NYSPHSAA. The coach and the team shall abide by these rules and regulations.
2. Actively use their influence to enhance good sportsmanship on the part of their players and their community.
3. Refrain from the verbal abuse of athletes and/or officials. Profane and vulgar remarks, critical public comments, and off-color humor are demeaning, offensive and unprofessional.
4. Refrain from the physical abuse of athletes and/or officials. Unnecessary roughness, fighting or any other form of physical abuse cannot be tolerated. (Note: Verbal and physical abuse should never substitute for motivational techniques, which enhance performance without threatening the dignity of the athlete.)
5. Be responsible for the supervision, discipline, and behavior of his/her athletes and abide by all of the rules and regulations of the host school at away contests.
6. Preserve the integrity of competition by never humiliating the opponent in a deliberate manner.
7. In unofficiated sports, ensure honesty in scoring and integrity of calls on the part of their athletes.
8. Do not attempt to seek an advantage through intimidation of opponents or officials.
9. Be positive role models relative to the use of controlled and illegal substances (drugs, alcohol, and tobacco).
10. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.

Violations of this code will be handled by Section XI in the following manner:

1. Misconduct regarding the inappropriate behavior of a coach shall be referred to the offending coach's athletic director.
2. If the violation is not reconciled, the athletic director will forward a report to the Executive Director.
3. On a further violation or flagrant misconduct, the Executive Director will send a formal letter to the coach, athletic director and principal noting that such behavior is unacceptable at Section XI contests. The letter should reflect the degree of inappropriateness.
4. Should Section XI deem it necessary, the matter will be pursued through the Ethics Committee.



## **SPORTSMANSHIP**

In all sports, players and coaches will rate their opponents' sportsmanship at every contest. Season team averages will determine winners in each league/division/device. The officials' rating card will include a sportsmanship rating of opponents at every contest (league and non-league). All teams at all levels of all sports are expected to submit these ratings.

Certificates and recognition will be given to those teams best exemplifying sportsmanship.

Every sport has its own rules and regulations that must be known and respected by coaches and athletes and enforced consistently by officials. However, there are certain behavioral standards that elevate an athletic event from a mere contest to a positive educational experience. Section XI's purpose in implementing this system is to encourage coaches and athletes to focus on these behavioral standards.

**FOOTBALL****General Rules and Regulations**

1. National Federation rules.
2. Game Jerseys: The visiting team shall wear white or light-colored jerseys, unless a change is agreed to by the athletic directors of both schools.
3. Scouting: No scouting at practices is permitted. Scouting at scrimmages is only permitted by mutual agreement of the coaches.
4. Videotape Exchange: Tape of the most recent game shall be available on Sunday or Monday as agreed upon by the coaches.
5. It is recommended that a physician be present at all football games. If the services of a physician cannot be obtained, coverage should be provided by persons qualified to give emergency care (e.g. physician assistants, emergency squads, athletic trainers). From NYSPHSAA Handbook.
6. At all varsity games an adult shall be a member of the chain crew and will be available to consult with the head linesman at least 15 minutes before game time.
7. Protests: Judgment calls may not be protested.

To protest a decision which may have resulted from misapplication or misinterpretation of a rule, the coach must (a) direct a player or incoming substitute to request a timeout for a coach-referee conference prior to the time the ball becomes alive following the play to be reviewed, and (b) request the referee to review his decision.

The referee must review the decision which may have resulted from misapplication or misinterpretation of a rule with the coach; confer with the other game officials; have access to the current editions of the National Federation Official High School Rule and Case Books which shall be in the possession of the down marker man; and render a final decision.

A charged time-out occurs when no change in the ruling results. An official's time-out occurs when a coach-referee conference concerning the misapplication of a rule results in the referee altering his ruling.

A delay of game - 5 yard penalty shall be assessed for a coach-referee conference after all permissible charged time-outs for the coach's team have been used, and during which the referee is requested to reconsider the application of a rule and no change in the ruling results.

8. Division standings will be determined by implementing the Power Rating Point System.
9. Division schedules will be devised based on the coaches' seeding of division teams.
10. Pre-Season Practice Format - NYSPHSAA Rules (Approved by the Athletic Council 1/11/11):
  - a. The first two days of practice must be non-contact, without the use of protective equipment and mechanical blocking devices. The use of cones, ropes, ladders, step-over dummies, soft hand shields and similar devices as teaching aides is permissible. Helmets may be worn.
  - b. The next three days provide a transition from the conditioning phase to full contact. During this phase, players are permitted to wear a helmet and shoulder pads. Blocking dummies, sleds, and similar devices are permitted. During this phase, player-to-player tackling drills, team scrimmaging, running full contact plays, etc., are not permitted.
  - c. The following five days consist of contact practice with full protective equipment and the use of all training devices. Full player-to-player contact and team scrimmaging is permitted.
  - d. Interscholastic scrimmages/contests may commence after ten practices have been completed by the individual player and team.
11. The 20-yard line overtime procedure for breaking ties will be used in all division games.
12. In any school which does not field a varsity football team, a student in his/her final year of athletic eligibility is prohibited from playing at the junior varsity level.
13. High school soccer players are given the opportunity to participate in football as kickers. (Approved 1/10/07)
14. The visiting varsity football teams are provided the opportunity to set up a portable endzone camera. Portable is defined as a unit which can be carried by one person (no trucks, cherry pickers, lifts, etc.). Home school determines which endzone visiting team portable endzone camera will be located. Lack of an endzone camera by one team will not preclude the other team from using an endzone camera.

**NYSPHSAA/Section XI Sports Standards**

Approved at Section XI Athletic Council 5/18/04

The minimum number of eligible players required for a team to participate in a contest (game or scrimmage) is:

- 16 - HS (Varsity, JV, JV9)
- 16 - Modified (Approved by the Athletic Council 1/13/09)

**Seeding Procedures**

1. The Section XI sport chairman will schedule division seeding meetings.
2. Team information forms requesting pertinent data will be completed by each coach in preparation for the seeding process.
3. At the meeting, team information forms and division seeding forms will be distributed.

4. Each voting representative will be expected to report on their anticipated strength and/or weakness and provide a suggested ranking for their own team within the division. Speaking order:

- 14 teams: 8, 7, 9, 6, 10, 5, 11, 4, 12, 3, 13, 2, 14, 1
- 13 teams: 7, 8, 6, 9, 5, 10, 4, 11, 3, 12, 2, 13, 1
- 12 teams: 7, 6, 8, 5, 9, 4, 10, 3, 11, 2, 12, 1
- 11 teams: 6, 7, 5, 8, 4, 9, 3, 10, 2, 11, 1

5. Time should be allowed for coaches to review data and rank all other teams (excluding their own) within the division. Following the speaking order, each coach will report his ranking.

6. Teams not represented will be ranked by coaches in attendance. The average rankings of coaches in attendance will be used.

7. **New Seeding Variable-** In an effort to improve accuracy of seeding, the highest seed rank (highest single seed) and the lowest seed rank (lowest single seed) of the subjective ranking will not be included in each team's total score. For example from a 14 team division: Team A receives seed ranks of 2, 3, 4, 3, 4, 3, 5, 4, 3, 4, 2, 3 and 8. The subjective total score for Team A would NOT include one of the 2 seeds and the 8 seed. The subjective total score for Team A would be calculated using the remaining eleven scores. (3/12/18)

8. A subjective ranking will be devised from the rankings by totaling the scores (numerical ranking) for each team. The lowest score will be the highest ranked, etc.

- 9. a. If a team competed in a higher division the previous year, it will be placed a half position higher than its finish the previous year.
- b. If a team competed in a lower division the previous year, it will be placed a half position lower than the previous year.

10. Ties in subjective seeding will be broken by:

- a. Team's own ranking
- b. Where they finished previous year

11. If one team drops in a division after June 1st, any contest scheduled with that team will be considered a forfeit. *Approved 1/15/14*

12. If one team drops in any division prior to June 1st, the Football Committee will reconvene and approve the scheduling procedure. *Approved 1/15/14*

13. If two teams drop in any division prior to August 1st, a new schedule will be developed for that division. *Approved 3/8/11*

14. The divisional semi-final will be scheduled at the higher seed with the home school determining the date (Friday or Saturday) and time of the contest.

**15. Football**

- 8 power-ranked games will be scheduled which will determine the final standings.
- A 9th football game will be scheduled as follows:
  - ~ Section XI tournament qualifying round at higher seed: 1 vs. 8; 2 vs. 7; 3 vs. 6; 4 vs. 5
  - ~ Winning team will qualify for the tournament semi-final. Teams will be seeded for the semi-final based on the regular season results.
  - ~ No admission will be charged.
  - ~ Schools are responsible for their own costs.
  - ~ Night games will be permitted.

**New Team Criteria-** In an effort to encourage new football teams and reflect current times, any school that did not have a varsity football team the year before (did not play 1 game) will be added to a division determined by ADs through conference voting for a 2 year growth period (Not Eligible for playoffs if a team is placed outside enrollment). The **♦New Team♦** cannot displace another football team's placement.

**Football Placement** (App 3/12/18)

- Chart based total number of teams = 52
- Student enrollment based (annually)
- If any team drops football, that division will have 1 less team and follow the Section XI drop team policy

Year	Division I	Division II	Division III	Division IV
2016	14	13*	12	14
2017	13*	12	14	14
2018	12	14	14	12
2019	12	14	14	12

\*new team criteria awarded to 1 team for 2018 & 2019 season. Ineligible for post season

**Power Rating Point System**

Division standings will be determined by implementing the Power Rating Point System. At the completion of a division schedule, the following procedure will be:

**STEP I**

Assign the proper winning and losing percentage rating to each team based on its record. (See chart)

Example:

Team X: record 5-2-1, winning raw score .71, losing raw score .29

Team Y: record 8-3-1, winning raw score .73, losing raw score .27

**STEP II**

Determine each team's individual point total as follows:

- A. For every win, add the winning percentage raw scores of the opponent.
- B. For every loss, subtract the losing raw scores of the opponent.
- C. Add each team's own winning percentage raw score to the total.

**STEP III**

Set the final standings by ranking the teams in order using accumulated point totals. Results may be curved to prevent the publication of a negative total for any team by adding a like positive number (100 points) to all scores.

**Strength of Schedule Point System**

Fourteen Teams	Thirteen Teams	Twelve Teams
1st seed = 14 pts	1st seed = 13 pts	1st seed = 12 pts
2nd seed = 13 pts	2nd seed = 12 pts	2nd seed = 11 pts
3rd seed = 12 pts	3rd seed = 11 pts	3rd seed = 10 pts
4th seed = 11 pts	4th seed = 10 pts	4th seed = 9 pts
5th seed = 10 pts	5th seed = 9 pts	5th seed = 8 pts
6th seed = 9 pts	6th seed = 8 pts	6th seed = 7 pts
7th seed = 8 pts	7th seed = 7 pts	7th seed = 6 pts
8th seed = 7 pts	8th seed = 6 pts	8th seed = 5 pts
9th seed = 6 pts	9th seed = 5 pts	9th seed = 4 pts
10th seed = 5 pts	10th seed = 4 pts	10th seed = 3 pts
11th seed = 4 pts	11th seed = 3 pts	11th seed = 2 pts
12th seed = 3 pts	12th seed = 2 pts	12th seed = 1 pt
13th seed = 2 pts	13th seed = 1 pt	
14th seed = 1 pt		

**Double Relief Scheduling Option-** If athletic directors, after consultation with their varsity head football coach, **WITHIN** any single division, feel the Double Relief **OPTION** is appropriate for their division for any given season, they can vote to implement it with a 75% majority. If a division votes to implement the Double Relief **OPTION**, it will be followed for that one season. Athletic Directors wishing to pursue this **OPTION**, must submit a request to the Section XI Executive Director and Football Chairperson 1 week prior to the annual spring football seeding meeting. (3/12/18)

**Ties in Division Standings**

The procedure for breaking ties in division standings (teams with exact power points):

1. Head-to-head record breaks ties in point standings in favor of the winner.
2. Comparative record versus the highest finishing common opponent. If the record is the same, continue to compare the performance of each team against the highest finishing common opponents in descending order until the tie is broken.
3. If the tie has not been broken using common opponents, it will be broken by the team that beat the highest finishing uncommon opponent.
4. If the tie is still not broken, the highest ranked team as determined by division coaches at the pre-schedule meeting will be the team given the higher final division standing.

(Approved Oct. 99)

**Section XI Tournament Games:**

**Effective July 1, 2014, Section XI has adopted SPALDING as the official ball used in all Section XI playoff contests. Schools are mandated to use a SPALDING product exclusively during ALL ROUNDS of the Section XI playoffs.**

**Alpha Spalding Football Penalty:** Penalties for teams who use a non-Alpha Spalding football during a post season Section XI game (includes kicking game) 3/12/18

1<sup>st</sup> Offense: Unsportsmanlike penalty on head coach- 15 yard penalty & loss of down\*

2<sup>nd</sup> Offense:-Unsportsmanlike penalty on head coach (head coach ejected)- 15 yard penalty & loss of down\*

Additional Offenses: 15 yard penalty with loss of down\*

\*Kick-off: Re-kick and access penalty

Points of interest:

1) If an official accidentally receives a non Alpha Spalding ball throughout the game, they are encouraged to return the non Alpha Spalding ball to the team bench in exchange for a Alpha Spalding ball and NOT implement a penalty. Penalties are only to be assessed AFTER a team using a non Alpha Spalding ball.

2) Kick-offs- If kicking team uses a non Alpha Spalding ball, the kick will be a re-kick and penalty assessed according to above.

A. Semi-final and final games are sponsored by Section XI. The host school will be reimbursed for expenses as stipulated by Section XI. Admission will be charged.

B. Postponements - The decision to postpone the Section XI Division Semi-Final shall be made by the home school Athletic Director. The

decision to postpone the Section XI Division Final shall be made in concert with Section XI and the sport chairman. (Approved 3/10/09)

C. Protests - The on-field officials shall be the official protest committee. All protests shall be made to the referee prior to the play following the contested ruling. The referee will convene the protest committee, which will render a decision before play continues. Said decision is final!

D. The 20-yard line overtime system for breaking ties will be used in all Section XI tournament games.

E. Halftime will be 20 minutes in length. Each school will be allotted eight minutes for an appropriate presentation of their choosing.

**Long Island Championships** - All teams will be responsible for supplying and using the Spalding Alpha Ball (3/12/18)

#### **Varsity Football 20-Yard Line Overtime Procedure**

If at the end of the fourth quarter the teams have the identical scores, the tie will be resolved by the following method approved by the New York State Public High School Athletic Association. All game rules will apply except:

- a. No try will be made if the winner of the game has been determined;
- b. If Team B scores a safety, the game is ended;
- c. If Team B gains possession, the down and series for Team A ends immediately;
- d. No free kick privileges are awarded following a fair catch or awarded fair catch.

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. All officials will assemble at the 50-yard line and review the procedure. The referee shall inform each coach that unused time outs do not carry over. The 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 other team and escort the respective team captains to the center of the field for the coin toss.

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 of designating the end of the field at which the ball will be put in play. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense first, the referee will place a ball in the team captain's chest area while he is facing the goal toward which his team will advance and give the first down signal. The other team captain will face the offensive captain with his back toward the goal which he will defend.

Each team shall be permitted one additional time-out for each extra period. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during the regulation and overtime periods.

To start the overtime, the offensive team (Team A) shall put the ball in play, first and 10 on Team B's 20-yard line anywhere between the inbound lines. Team A shall have a series of four downs. The series shall be terminated by any score by Team A or, if Team B had possession, at the end of any down. Team A shall be awarded a new series when:

- a. NFHS rules apply;
- b. Team A recovers a scrimmage-kick (field goal attempt) between the goal lines after it has been touched first by Team B beyond the neutral zone;
- c. When Team B is guilty of roughing the kicker, or place kicker holder or passer.

If Team A scores a touchdown, it is entitled to the opportunity to try for points, except when it is unnecessary to break the tie. A field goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately and Team A's series is ended.

After team A has completed its series, Team B will become the offensive team with the ball in its possession at the 20-yard line anywhere between the inbound lines. The same end of the field will be used for both possessions in order to insure equal game conditions and conserve time.

If the score remains tied after each team has been given one series, the procedure shall be repeated until a winner is determined. There will be an intermission of two minutes during which the loser of the coin toss will be given first choice of the options. If additional periods are required, first choice of options will be alternated.

Rev: 1/16

## **SAFETY- RELATED POLICIES**

### **HEAT ALERT POLICY**

1. **Modified Heat Alert** - When the heat index reaches 88 (equivalent to T.H.I. of 73), practice sessions or contests in all sports must include:
  - a. Forced, frequent water breaks (every 10-15 minutes).
  - b. Loose clothing, light colored shorts and tee shirts (mesh recommended) for practice sessions.
  - c. Frequent rest breaks in shaded areas.
  - d. For football and lacrosse, mandatory water breaks every 15 minutes during which all players must remove helmets. Those players not participating in contact activities during practice, games or scrimmages shall not wear helmets.

NOTE: During all contests, the rules are to be modified to permit additional time outs for rest and forced water breaks.

2. **Full Heat Alert** - When the heat index reaches 95 (equivalent to T.H.I. of 78), no physical activity in any sport is permitted. Team meetings are permitted.
3. **Notification of Schools** - The Section XI Safety Chairman, will monitor the heat index and will initiate a heat alert by notifying the Section XI Office as to the course of action. The Section XI staff will communicate this information to each member district through the Connect-Ed system, with specific instructions for heat alert implementation. (Rev 5/10)
4. No sport is exempt from modified or full heat alerts. (1/16/02)

### **PRE-SCHOOL PRACTICE HOURS**

Fall season pre-school practice sessions may only be conducted prior to 10:00 AM and/or after 5:00 PM. This applies to all sports except golf and swimming. This restriction is discontinued for the fall season on the Saturday prior to each Labor Day. (Approved 5/22/03)

### **PROCEDURES FOR THE PREVENTION OF HEAT ILLNESS**

1. Ten minute rest breaks during each hour of practice in hot weather to include:
  - a. Loosening of uniform jerseys and pads to facilitate cooling.
  - b. Free intake of water to replace fluid losses.
  - c. Rest break conducted in a shaded area.
2. Water must be freely available to players during practice sessions and games at all levels.
3. Strict adherence to the mandatory regulation for preseason football practice format.
4. Rubberized or other types of non-porous sweat suits may not be used under any circumstances.
5. During pre-school days (August and September), practices are to be conducted prior to 10:00 AM and/or after 5:00 PM. This policy does not apply to school teams that are conducting practice sessions at overnight camps located off Long Island. However, the temperature and humidity must be monitored during these practice sessions; and if the heat index reaches the minimum levels established by Section XI, the heat alert policy will apply. Complete daily records of the heat index must be maintained by coaches.
6. During a modified heat alert, the host school will notify contest/scrimmage officials that there will be mandatory water breaks at approximately 15 minute intervals.

### **HEAT ILLNESS** - extracted from NYS Education Department material

Practice for athletic competition and participation in various forms of physical activity are frequently conducted in very warm and humid weather. Under such conditions, special precautions must be observed. Otherwise, the athlete is subject to:

- a. heat fatigue, depletion of salt and water due to excessive sweating,
- b. heat exhaustion, excessive depletion of salt and water, or
- c. heat stroke, overheating from breakdown of the sweating mechanism.

Heat fatigue dulls the athlete's skill and alertness and makes him/her more vulnerable to injury. The other two heat illnesses can result in serious physical harm and even death. Heat exhaustion and heat stroke are preventable by careful control of various factors in the conditioning program of the athlete. With the start of practice, it is essential to provide for gradual acclimatization to hot weather activity. Equally important is the need to adjust salt and water intake to weather conditions. As the athlete becomes accustomed to hot weather activity, he/she perspires more freely (and thus dissipates body heat) and excretes less salt (and thus conserves sodium). With a graduated training regimen, such acclimatization can be expected after a period of one week.

The idea that water should be withheld from athletes during workouts has no scientific foundation. In fact, such restriction, by depleting water in the body, can lead to heat fatigue and serious heat illness. During exercise in the heat, it is essential to replace the water lost by perspiration. Water should be available on the practice and game field AT ALL TIMES and in large quantities. THERE IS NO REASON WHY COLD OR ICE WATER SHOULD NOT BE GIVEN.

Salt also needs to be replaced daily, particularly during the acclimatization period. Extra salting of the athlete's food within the bounds of taste will accomplish this purpose. Salt tablets, particularly on an empty stomach, can be irritating and may be poorly absorbed. Adding two teaspoons of salt to a gallon of flavored water used for drinking during hot weather workouts offers a better approach. The preparation of the saline solution should be under the direction of the school medical doctor.

At the beginning of practice (particularly for the fall season) it must be recognized that the level of conditioning for each player is variable, and it must be assumed that no player is acclimatized to the heat. It is absolutely essential that the conditioning and acclimatization programs at the onset of practice begin at a modest level and progress slowly during the first week of practice.

**STRONGLY RECOMMENDED ADDITIONAL PROCEDURES** to help prevent heat illness during the pre-season in football, soccer, cross country and field hockey:

1. The use of a weight chart to record each player's weight before and after every practice. Any player losing more than 3% body weight

should receive special attention to insure adequate fluid replacement.

2. Revisions in the conduct of practice sessions when the heat index becomes critical :
  - a. shorten the length of practice sessions.
  - b. revise type and amount of clothing and equipment (shorts, mesh jerseys, etc).
  - c. reduce degree of exertion required during practice sessions.
  - d. change soaked T-shirts.
  - e. give 10-minute rest breaks every hour.

3. Guidelines for the conduct of practice sessions:

- a. With temperature of 80-90 degrees and humidity under 70%, observe carefully for the few athletes particularly susceptible to the heat.
- b. With temperature of 80-90 degrees and humidity over 70% or temperature of 90-100 degrees and humidity under 70%, players should be given 10-minute rest periods every hour, T-shirts should be changed when soaked, and all athletes should be carefully observed.
- c. With temperature of 90-100 degrees and humidity over 70% or temperature over 100 degrees, practice should be postponed or a shortened program should be conducted in shorts and T-shirts.

**FIRST AID MEASURES:** Call ambulance and/or police immediately.

Heat Stroke: Collapse - with dry warm skin - indicates sweating mechanism failure and rising body temperature. **THIS IS AN EMERGENCY; DELAY COULD BE FATAL.** Immediately cool athlete by the most expedient means (immersion in cool water is best method). Obtain medical care at once.

Heat Exhaustion: Weakness - with profuse sweating - indicates state of shock due to depletion of salt and water. Place in shade with head level or lower than body. Give sips of diluted salt water if conscious. Obtain medical care at once.

**Heat Index Record Chart**  
(for overnight camps off Long Island)

School \_\_\_\_\_ Site \_\_\_\_\_

Year \_\_\_\_\_ Coach \_\_\_\_\_

DAY/DATE	TIME	HEAT INDEX AT START OF PRACTICE	LENGTH OF PRACTICE	DETERMINATION

**HEAT ALERT INFORMATION**

The safety chairman will call Metro Weather Service on a daily basis to monitor temperature/humidity conditions. Weather services are now using 'heat index' instead of 'THI' for relative temperature/humidity conditions. Therefore, the following indexes shall be used in determining modified or full heat alerts:

1. When the **Heat Index** reaches **88** (equivalent to THI of 73), a *Modified Heat Alert* shall be in effect.
2. When the **Heat Index** reaches **95** (equivalent to THI of 78), a *Full Heat Alert* shall be in effect.

**PRE-SCHOOL PRACTICE HOURS - ALL SPORTS**

- a. Practice sessions may be conducted **ONLY prior to 10AM and after 5PM**. This applies to all sports except golf and swimming. Starting on the Saturday prior to each Labor Day this restriction is discontinued for the fall season. (Approved 5/22/03)

Section XI, in cooperation with the safety chairman, monitors weather conditions with the aid of Metro Weather Service. When the heat index reaches 88, a heat alert will be in effect. No sport is exempt from modified or full heat alerts. Schools will be notified by the Section XI office when a heat alert exists. (A notice will also be placed on the website.)

Schools **may not** conduct practices or contests in any sport when a full heat alert is in effect. However, team meetings where there is **no physical activity** are permissible.

Coaches are reminded that **water is to be available** in the activity area at **all times and in large quantities**.

**b. Football Camps:**

The Section XI policy for pre-school days as it relates to practices conducted prior to 10AM and after 5PM is not in effect for teams attending such camps away from Long Island. However, the following guidelines for those teams should be observed:

- (1) When the heat index reaches 88, a modified heat alert will be in effect and practices should be modified.
- (2) When the heat index reaches 95, a full heat alert shall be in effect and practices must be cancelled.

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**WIND CHILL POLICY**

**SECTION XI WIND CHILL PROCEDURES**

- 1. Post-Season Contests: The Section XI Safety Chairman, in consultation with the Executive Director, will monitor *RealFeel* (wind chill) one hour prior to the start of a Section XI post-season contest and will alert member schools according to the NYSPHSAA Wind Chill Procedures.
- 2. Regular Season Contests or Practices: Member school districts must use the NYSPHSAA Wind Chill Procedures to determine if an alert or cancellation of events at their school is warranted.

**NYSPHSAA WIND CHILL PROCEDURES**

Administration of Wind Chill Policy:

- 1. Wind Chill will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- 2. The athletic trainer, athletic director, or school designee will use the [accuweather.com](http://accuweather.com) website to determine the wind chill index for the area of the contest/practice. The [accuweather.com](http://accuweather.com) website can be reached through the NYSPHSAA website. Once a person is on the [accuweather.com](http://accuweather.com) website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the *RealFeel* temperature (wind chill).
- 3. If the *RealFeel* temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the *RealFeel* (wind chill) at halftime or midway point of the contest. If the *RealFeel* (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	<i>RealFeel</i> (wind chill) above 40 degrees	Full activity. No restrictions
<b>R E C O M M E N D E D</b>	<b>Wind Chill Caution:</b> <i>RealFeel</i> (wind chill) 36 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing.
	<b>Wind Chill Watch:</b> <i>RealFeel</i> (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	<b>Wind Chill Warning:</b> <i>RealFeel</i> (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when <i>RealFeel</i> temperature is much higher. Reduce the amount of time for an outdoor practice session.
<b>REQUIRED</b>	<b>Wind Chill Alert:</b> <i>RealFeel</i> (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

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**GUIDELINES FOR AUTOMATED EXTERNAL DEFIBRILLATORS AT INTERSCHOLASTIC CONTESTS:**

Section 136.4 of the NYS Commissioner of Education Regulation (9/2002) requires that schools provide, maintain and have readily available sufficient automated external defibrillator equipment necessary to address emergency situations by trained and certified personnel; accordingly, the following guidelines are established.

- 1. The **home school** is to be responsible for providing AED-trained personnel and a sufficient number of AED's at all interscholastic contests such that an AED can be effectively administered within less than 3 minutes to a stricken student-athlete.
- 2. Prior to each contest, the home school coaching staff is to advise the visiting coaching staff and officials of the location of the AED and the personnel designated to utilize it.
- 3. All medical or AED-trained personnel that are present at the contest are to be identified prior to the contest.
- 4. All athletic emergencies are to be reported to the Athletic Directors of the respective districts immediately following the contest.



5. No contest will take place without an AED available and able to be administered as per #1 above.

**SECTION XI CONTESTS**

- 1. At cross country meets conducted at off-site locations, those schools designated as the home schools will be responsible to bring the AED and trained personnel to use it. The personnel from home schools will be assigned to a specific location on the course.
- 2. At Section XI-sponsored team tournaments, the higher seeded team will be responsible for providing trained personnel and an AED.
- 3. At Section XI-sponsored individual sport tournament events, the host school will be responsible for providing trained personnel and an AED.
- 4. At Section XI-sponsored individual sport tournament events conducted at non-school sites, the sport chairman will designate particular schools to be responsible for providing trained personnel and an AED.

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**THUNDER/LIGHTNING POLICY**

**SECTION XI REGULAR SEASON CONTESTS**

- 1. Whenever weather or other conditions cause the official(s) to interrupt a contest, the official(s) shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official(s) shall wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play.
- 2. When thunder is identified at the site of an outdoor contest, the official(s) will suspend play immediately and wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play. The official(s) will then make a decision whether to cease play for that day or resume the contest.
- 3. If lightning is observed at the site of an outdoor contest by the official(s) 15 or fewer minutes prior to the scheduled start of that contest, the official(s) and the responsible school authorities shall not permit that contest to be played on that date.
- 4. If lightning is observed at the site of an outdoor contest by the official(s) during the playing of the contest, the official(s) shall immediately cease play for the day. The rules of the particular sport shall determine whether the contest is "official" or must be resumed at a later date.

**SECTION XI POST-SEASON EVENTS (SECTION CHAMPIONSHIPS, TOURNAMENTS AND NYSPHSAA QUALIFYING EVENTS)**

- 1. Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.
  - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
- 2. When thunder is heard and/or lightning is seen, the following procedures should be adhered to:
  - a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or, if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
  - b) Do not permit people to stand under or near a tree, and have all stay away from poles, antennas, towers and underground watering systems.
  - c) After thunder and/or lightning have left the area, wait **30 minutes** after the last boom is heard or strike is seen before resuming play or competition.

Rev. 3/16

# *Reminder...*

## **RECOMMENDED GUIDELINES FOR AUTOMATIC EXTERNAL DEFIBRILLATORS AT INTERSCHOLASTIC ATHLETIC CONTESTS**

- ❖ The home school is responsible for providing trained personnel and an adequate number of AEDs at all interscholastic contests.
- ❖ At cross country meets conducted at off-site locations, those schools designated as the home schools will bring an AED and the trained personnel to use it. The personnel from home schools will be assigned to a specific location on the course. All competing schools will receive AED location maps for this site at the beginning of the season.
- ❖ At Section XI sponsored team tournaments, the higher seeded team will be responsible for providing trained personnel and an AED.
- ❖ At Section XI sponsored individual sport tournament events, the host school will be responsible for providing trained personnel and an AED.
- ❖ At Section XI sponsored individual sport tournament events conducted at non-school sites, the sport chairman will designate particular schools to be responsible for providing trained personnel and an AED.
- ❖ On the occasion where a home school will not be providing an AED and trained personnel at a contest, it is the responsibility of that home school to so notify the visiting school in a timely manner.

## Medical Waivers for NYSPHSAA Regulation

Waivers of the minimum number of required participations may be granted for medical reasons only. To request such a waiver, the athletic director must submit:

- a. written request for such to the Executive Director,
- b. medical documentation of the illness/injury indicating specific dates, and
- c. a record of the athlete's participation.

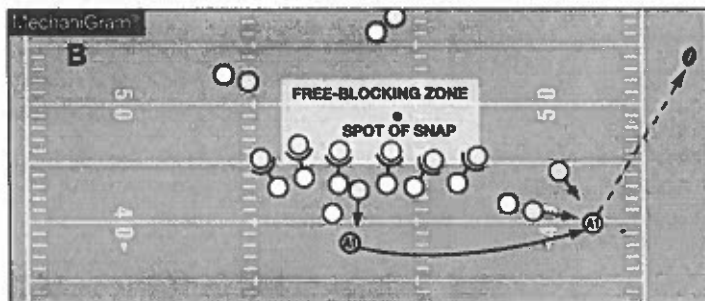
The athletic director will be notified of approval/disapproval.



That is when the referee is convinced the quarterback intended to intentionally throw an incomplete pass to avoid a sack, but he got the ball close enough to an eligible receiver to plead his case.

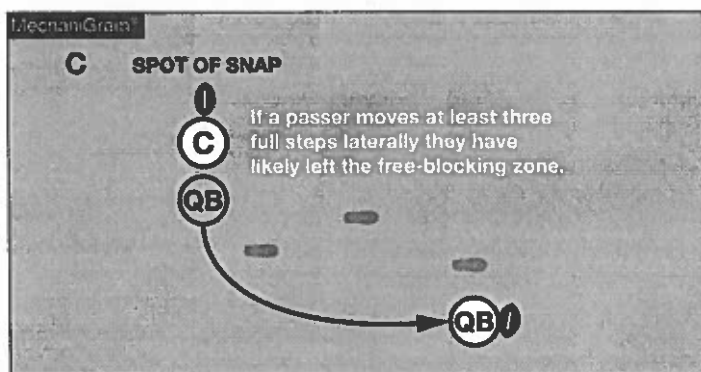
## GROUNDING EXCEPTION

A player wishing to avoid a loss of yardage may intentionally throw an incomplete pass if certain criteria are met. As seen in Mechanigram B, the passer must have been outside the lateral boundary of the free-blocking zone as established at the snap. The pass must reach the neutral zone including the extension beyond the sideline. The pass must be thrown from behind the neutral zone.



The referee can use landmarks to judge whether the passer has been beyond the lateral boundary of the free blocking zone.

If a passer moves at least three full steps laterally, he has likely left the free-blocking zone (Mechanigram C).





**NATIONAL FEDERATION  
OF STATE HIGH SCHOOL  
ASSOCIATIONS**

## **2021 NFHS FOOTBALL RULES CHANGES**

### **Action in the Free-Blocking Zone [2-17-2c (NEW), 2-17-4]**

Blocking below the waist now requires the block to begin immediately following the snap.

## **2021 EDITORIAL CHANGES**

1-5-1b(3); 2-10-1; 2-10-2; 3-5-1; 9-4-4 PENALTY, NINE-, EIGHT- AND SIX-PLAYER RULES DIFFERENCES – GENERAL; SIX-PLAYER RULES DIFFERENCES – RULES 2 and 7

## **2021 POINTS OF EMPHASIS**

1. Sportsmanship
2. Intentional Grounding
3. Ineligible Downfield and Line of Scrimmage Formation

**\*\*FINAL as of June 1, 2021**



## **2021 FOOTBALL POINTS OF EMPHASIS**

### **Sportsmanship**

When considering sportsmanship, many may first think only of the game participants (athletes and coaches) within the timeframe of the game. However, proper sportsmanship also includes the pregame warm-up period, postgame handshake activity, spectator behavior (both students and adults), parents of athletes, public-address announcements and announcers, and bands. All of the above constituents have a role in promoting good sportsmanship.

Players and coaches are the most visible in their displays of sportsmanship. Their behavior sets the tone for fans, game officials and others. As recognizable personalities, it is an expectation that coaches model good behavior. Players must represent their schools and communities as ambassadors of good sporting behavior beginning with pregame activities and concluding with end-of-game activities.

Game officials generally do not assume control until taking the field approximately 30 minutes prior to the scheduled kickoff. Therefore, coaching staffs and game administrators must be vigilant and responsible for ensuring proper sportsmanship during this time. Once the contest begins, school administrators are responsible for the proper conduct of all spectators. This may take the form of reading a sportsmanship public-address announcement prior to the contest and remaining vigilant for possible issues during the contest. Student bodies and spectators in general should be reminded that any behaviors conducted at the expense of the opponents is unacceptable and will be addressed accordingly.

Public-address announcers are responsible for delivering pertinent game-related information – not to be a play-by-play person or cheerleader. Taking liberties with biased and/or inflammatory announcements must not be tolerated. Their purpose is not to editorialize the quality of play or incite the home crowd in any way.

Working with the band/music director, the school administration must set proper guidelines and ensure compliance regarding when live or recorded music may be utilized.

Good sportsmanship does not occur on its own. Only with specific planning and coordination by all constituents is good sportsmanship achievable. Good sportsmanship is about respect. Good sports win with humility, lose with grace and do both with dignity.

## **Intentional Grounding**

Due to the growing prevalence of televised football, one of the most misunderstood rules at the high school level is intentional grounding. Under NFHS rules, intentional grounding is a foul whenever a legal forward pass is thrown into an area not occupied by an eligible receiver, or when a pass is thrown to prevent a loss of yardage or to conserve time. The only exception to this rule is when the passer intentionally throws the ball forward to the ground immediately after receiving the snap.

Under NFHS rules, it is a foul if there was no eligible receiver in the area of the pass, regardless of the passer's position on the field. Across the country, we are seeing more high school quarterbacks throw the ball away to avoid a sack when outside the pocket, thinking this is legal based on what is seen on television. High school referees need to be aware of these situations and, with the help of the line judge and linesman, make the correct call under NFHS football rules. This is a foul that should be called after the game officials have gathered and discussed the play. When a foul does occur, the penalty flag needs to be thrown by the referee. The penalty is 5 yards from the spot of the foul and a loss of down.

## **Ineligible Downfield and Line of Scrimmage Formation**

In order for the offensive team to have a legal scrimmage formation at the snap (assuming the numbering exception is not being used), at least five Team A players, numbered 50-79, must be on the line of scrimmage. Also, no more than four Team A players may be backs. Only one player may not be on the line but still penetrate the vertical plane through the waistline of his nearest teammate who is on the line. This player must be in position to receive a hand-to-hand snap, but does not have to actually receive it. By rule, he is the only player allowed to be positioned in "no man's land" at the snap. All other players not on the line must be clearly positioned as backs.

Some clarification was recently provided in identifying when an ineligible Team A player is illegally downfield on a pass play. By rule, ineligible Team A players may not advance beyond the expanded neutral zone on a legal forward pass play before a legal forward pass that crosses the neutral zone is in flight. The neutral zone expands 2 yards behind the defensive line of scrimmage following the snap. The position of the ineligible Team A player at the moment of the legal pass is the primary factor in determining if the player is illegally downfield. When identifying Team A players who are illegally downfield, it is important to make sure that the Team A player is clearly beyond the expanded neutral zone (2 yards) at the moment that the pass is in flight. Players can travel multiple yards in a quick period of time. These players can be legally within the expanded neutral zone when the pass is thrown but beyond as the pass moves downfield. If B touches the pass in or behind the neutral zone, this restriction is terminated.



## 2021 NFHS FOOTBALL GAME OFFICIALS MANUAL POINTS OF EMPHASIS

### **Clock Management Communication**

Accurate and effective communication during the game is critically important for the game officials, coaches, players and the press box personnel. Recent NFHS football rules change(s) that impact clock management issues call for careful consideration of the necessary changes for game officials to correctly communicate important information throughout the contest – especially during critical game situations when the clock issues are very important. Game officials must utilize sound and effective mechanics throughout the entire game to ensure that they are adequately prepared when the game situations call for critical decisions to be made by the coaches and players.

One very important change that is a result of the new 40-, 25-second play clock is that the covering official(s) must utilize a physical signal that is clearly visible at the end of every down. The most common signals that are necessary when the ball becomes dead include Signal No. 7 (dead ball with one arm straight up) or Signal No. 3 (stops the game clock) or Signal No. 10 (incomplete forward pass). A down that involves a score would involve another appropriate signal as well. Please note that the result of any down only calls for one signal to be used. Coaches, players, clock operators and the other game officials depend on this important information to make critical decisions that sometimes must be made very quickly. A game officials crew that has developed effective and consistent habits to clearly communicate this important information throughout the contest is thoroughly prepared when critical game situations call for quick decisions. Effective clock management becomes a shared crew responsibility when each member of the crew learns the correct signals and is prepared to utilize them in an accurate and consistent manner.

Game official crews that are assigned to work a game where visible play clocks are not available on occasion or all of the time are likely to be familiar with the local association/ state mechanic that is recommended for use when the play clock has reached the 10-second mark and then the 5-second mark. It is the recommendation of the NFHS Football Game Officials Manual Committee that a clearly visible physical signal must occur when the play clock reaches 10 seconds and that an additional signal is necessary at the 5- second mark to count down the final seconds prior to the possibility of a delay of game foul. The game official who is responsible for this signal might choose to visit with both quarterbacks prior to the game to allow them to clarify any questions or information they may have concerning this mechanic.



## **Respectful Communication Between Coaches and Game Officials**

If the primary mission of high school football was to win state championships then, by design, 99 percent of all teams would never fulfill the goal. If winning games was the primary goal then, for sure, 50 percent of teams would never be fulfilling the goal. All NFHS sports rules books include a “Mission Statement” (Appendix A in the NFHS Football Rules Book) that clearly states the primary goals as promoting “leadership, respect, integrity and sportsmanship.”

To that end, coaches and game officials should always be communicating with each other in a manner that models such behaviors for the student-athletes. Guidelines to model such communication is always included as Appendix F (for Coaches) and Appendix G (for Officials) in the NFHS Football Rules Book.

NFHS Football Rule 9-8-1 states that it is unsportsmanlike conduct and thereby clearly illegal for any non-player (coach) to “attempt to influence a decision by a game official” such as screaming for holding by a defensive coach over and over, or consistently asking for a pass interference call by an offensive coach.

The rule further defines that it is unsportsmanlike conduct to “indicate an objection to a game official’s decision.” While it is likely not appropriate to be calling such a foul unless it is an extreme case, game officials and coaches need to keep in mind that young student-athletes are watching their every move. If a coach disagrees with a decision, he or she should be requesting a “conference time-out” and respectfully presenting his or her case. Note that this procedure calls for both coach and game officials to discuss any disagreement specifically “in front of the team bench” (as a learning opportunity for players to see how adults respectfully speak with other adults) as opposed to some secret screaming session in the middle of the field. If they are not sure enough about their position to risk a time-out, then they need to abide by NFHS Football Rule 9-8-1.

## **Preventing Inequities Due to Illegal Substitution and/or Illegal Formation**

After the ready-for-play, each A player who participated in the previous down and each A substitute must have been, momentarily, between the 9-yard marks before the snap. (Rule 7-2-1)

With the newly revised definition for the “ready-for-play,” a “wide out” type substitute can gain the advantage of being unnoticed and uncovered or even in illegal position if game officials do not consistently recognize whether or not the players are all abiding by this NFHS football rule.

The ready-for-play may be a signal given by the referee. However, with the new rule it may also be initiated by the umpire placing the ball on the ground and moving into position. It only takes one instance for a receiver to go uncovered for A to gain the advantage of a long reception or even a score. Game officials need to be especially conscious of the position of outside substitutes when either type ready for play occurs. Wing officials should be especially

alert for substitution issues.

### **Responsibility for Minimizing Risk in the Game**

It is so very important to understand that the school administrators, coaches, players and non-players, and game officials are equally responsible for minimizing the risk in the game of football! It is quite clear that there have been many NFHS football rules changes recently that directly address risk minimization of the participants. The purpose of this Point of Emphasis is to encourage all game officials to carefully study these NFHS rules of the game for football and prepare themselves to make appropriate decisions throughout the game that address this area of concern. It is very important to always remember that a decision to not throw a flag for a risk minimization-related foul sends a very clear message that the game official approves of the action by the player(s) and is likely to see the same foul repeated. Game officials should take the time to carefully study the items listed below and prepare to react appropriately in each and every game. **Every game official must take responsibility for minimizing the risk of all participants in high school football.**

NFHS Football Rule 9 clearly addresses the conduct of all participants, and Sections 3 and 4 specifically deal with physical contact between players that may result in these risk concerns. Let's look at several specific examples. Please note that this list is not all-inclusive:

**Targeting** is defined as "an act by any player who takes aim and initiates contact against an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulder (s)." Any player who is in complete control of himself (not fighting off a block) must be held to a very high standard when making this contact against an opponent. We simply cannot miss or pass on this type of foul in an effort to protect both players. Remember that a targeting foul does not result in automatic disqualification, but that certainly can be a consideration.

**Blindside Block** is defined as "a block against an opponent other than the runner, who is not able to see the blocker approaching." This action that includes forceful contact clearly results in a foul unless the block outside of the free-blocking zone is initiated with open hands (open palms to the opponent).

**Tripping** is defined as "the intentional use of the lower leg or foot to obstruct an opponent below the knee." It must be noted here that a player may not trip any opponent (includes the runner). It is also important to note here that an injury to both players is certainly possible.

**Defenseless Player** is defined as "a player who, because of his physical position and focus of concentration, is especially vulnerable to injury." It must be noted here that physical contact against a defenseless player may very well be perfectly legal, but any player must take extreme care to make certain that the contact is legal by rule to avoid a foul. Game officials must carefully observe any defenseless player to determine that the contact by an opponent is legal. It is also necessary to note here that unnecessary or excessive contact may very well occur.

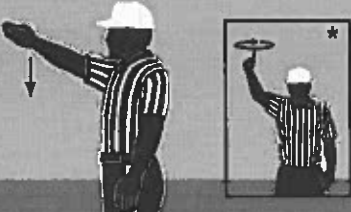









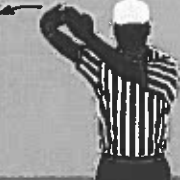



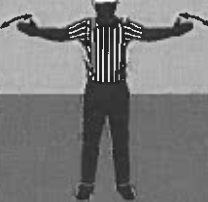







**Illegal Helmet Contact** is defined as “an act of initiating contact with the helmet against any opponent.” It is important to note here that a helmet is to be used for protection and not to be used as a weapon.

**Spearing** is “an act by any player who initiates contact against an opponent at the shoulders or below with the crown (top portion) of his helmet,” and is likely to be the most common example of illegal helmet contact.

**Roughing** an opponent may include action against a passer, a kicker, a holder or a snapper. Each of these players are certainly in a vulnerable position at a critical moment and clearly must be protected.















# NFHS OFFICIAL FOOTBALL SIGNALS

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



# NFHS OFFICIAL FOOTBALL SIGNALS

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



## NFHS GENERAL INSTRUCTIONS FOR FOOTBALL LINE-TO-GAIN CREWS

The typical line-to-gain crew consists of at least three individuals – A DOWN-MARKER INDICATOR OPERATOR and two to hold the rods. Unless otherwise possible by use of a fourth crew member, the DOWN-MARKER INDICATOR OPERATOR will attach the clip as specified. In some cases where a fourth crew member is present, that member may also be requested to record penalties on a chart provided by the game officials. It is strongly recommended that the members of the crew be adults and wear distinctive vests or jackets furnished by home or game management. Remind crew members that they are assistant officials, not fans.

### PREGAME DUTIES

1. The line-to-gain crew shall meet the HEAD LINESMAN on the sideline opposite the press box at least 15 minutes before game time and also five minutes prior to the second-half kickoff. If an auxiliary down-marker indicator is used, the operator shall meet the LINE JUDGE on the press-box side at the same time.
2. The HEAD LINESMAN shall make certain that the official line-to-gain and down-marker indicators have been placed opposite the press box or on the designated sideline and that all are in good working order and conform to the rules. The LINE JUDGE shall make certain that the auxiliary down-marker indicator is in good working order and is placed on the opposite side of the field from the line-to-gain crew.
3. The complete concentration of the crew is absolutely necessary if crew members are to discharge their duties efficiently. The crew must refrain from showing any partisan reaction to the events taking place on the playing field. The crew must be prepared to act immediately on instructions from the HEAD LINESMAN so that teams and all concerned will know the exact situation concerning the down and yards to be gained. The crew shall not move or change the number of the down until signaled to do so by the HEAD LINESMAN. The AUXILIARY DOWN-MARKER INDICATOR OPERATOR shall act only on instructions from the LINE JUDGE. The crew must remain impartial and may not communicate down and distance information to members of the coaching staff or team.
4. While serving on the line-to-gain crew, the crew shall refrain from using items that would distract them from their responsibility (i.e. using electronic devices).

### GAME PROCEDURES

1. On the HEAD LINESMAN'S signal, the crew shall move as quickly as possible to the next position.
2. When a runner or pass receiver is going out of bounds in the immediate vicinity, the involved crew member is to quickly and carefully drop the marker and move away from the sideline, keeping his/her eye on the spot of the marker. The crew members away from the play should hold their positions if possible.
3. The HEAD LINESMAN will set the spot of all first downs by going to the sidelines and marking, while facing the field, the exact spot where the rear stake will be set. The front crew member will then be sure the chain is fully extended before setting his/her stake.
4. The DOWN-MARKER INDICATOR OPERATOR, on every new series of downs, will set the down-marker indicator at the spot marked by the HEAD LINESMAN. When the line-to-gain equipment is moved, the rear rod is to be set behind the down-marker indicator and then the clip shall be placed at the back edge of the 5-yard line nearest the rear rod. The down-marker indicator must be held at all times in an upright position with the down correctly shown.
5. The DOWN-MARKER INDICATOR OPERATOR is to show the number of the down just completed and shall not indicate the new down until so notified by the HEAD LINESMAN. On instruction from the HEAD LINESMAN, the DOWN-MARKER INDICATOR OPERATOR will move the down-marker indicator to a new position with the marker indicator placed at the forward point of the ball and change the marker indicator to the correct down.
6. On all measurements for first down when the chain is moved onto the field, the DOWN-MARKER INDICATOR OPERATOR is to place his/her marker indicator at the spot of the front rod until a new series of downs is declared or the chain is returned to its previous position.
7. The chain is not extended if it is a first-and-goal situation. The HEAD LINESMAN should provide the DOWN-MARKER INDICATOR OPERATOR a bean bag in this situation to mark location of the box in case it is moved during the down.
8. The DOWN-MARKER INDICATOR OPERATOR should place the marker indicator on the line of scrimmage on all try situations. This will aid players and game officials in determining the line of scrimmage on all plays toward the sideline. The chain will not be placed on a try.
9. If the sidelines become crowded and the crew does not have room to efficiently discharge its duties, the crew is to notify the HEAD LINESMAN immediately so that a time-out may be called and sidelines cleared before the game will be allowed to proceed.
10. If the game is delayed for any reason, the crew will stay with the game officials.
11. The official line-to-gain and down-marker 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. Unofficial auxiliary line-to-gain and down-marker indicators may be used on the sideline opposite the official line-to-gain and down-marker indicators, and shall be operated approximately 2 yards outside the sideline, except in stadiums where the total playing enclosure does not permit. All indicators shall be operated as far off the sideline (up to 2 yards) as facilities permit and as directed by the HEAD LINESMAN and LINE JUDGE.
12. With the 40- or 25-second play clock, it is possible the ball may be snapped prior to the down-marker indicator being set. Should this rare situation occur, the HEAD LINESMAN shall drop a bean bag at the spot where the DOWN-MARKER INDICATOR OPERATOR shall spot the down-marker indicator.



## NFHS GENERAL INSTRUCTIONS FOR FOOTBALL GAME AND PLAY CLOCK OPERATORS

- A. The game and play clock operators should report to the game officials at the stadium at least 30 minutes before game time for the following purposes:
1. To synchronize timer's watch with official game time as established by the game official responsible for timing.
  2. To advise game officials whether the game clock operator and/or play clock operator will be in the press box or on the field/side-line. Determine procedure for communications with both operators and test procedures prior to the games.
  3. To discuss coordination of starting, stopping and adjusting the game clock or play clock in accordance with the playing rules.
  4. To discuss if the game clock horn (mechanical signal) can be turned off. Preference is for the game clock horn (mechanical signal) to be turned off for the duration of the game.
- B. The game clock is normally started 30 minutes before game time. The halftime intermission will start on the referee's signal when the players and game officials leave the field. All pregame and halftime activities shall be synchronized with the game clock. The mandatory three-minute warm-up period will be put on the game clock after the intermission time has elapsed and shall be started immediately.
- C. The game clock operator shall have an extra stopwatch available. In case of failure of the game clock, the game clock operator shall immediately contact the game officials, giving them the correct data regarding the official time. The game official responsible for timing will then pick up the correct game time on the stopwatch. If the game clock becomes inoperative and is subsequently repaired, it will not be used again until the next period or when the referee determines it is operational. The public-address announcer shall indicate the game clock will not be official until the malfunction is corrected and a subsequent announcement is made on the public-address system.
- D. Game Clock Procedures**
1. The game clock operator is an integral member of the officiating crew and game administration. Unfair advantages occur when the game clock is not started or stopped correctly by rule. Great care must be exercised to see that no time lag occurs in starting or stopping the game clock.
  2. On all free kicks, the nearest game official(s) will signal the legal touching of the ball by indicating that the game clock should start.
  3. Any game official may signal a time-out; therefore, the game clock operator should be alert to stop the game clock.
  4. The incompleteness signal will stop the game clock.
  5. The game clock operator will automatically stop the clock following a touchdown, field goal, touchback or safety after the appropriate scoring signal has been made.
  6. After the game clock has been stopped, the referee will start it again on the referee's start-the-clock signal and if no such signal is given, the game clock operator will start the clock on the snap without the signal from the referee.
  7. The referee may start the game clock again in certain instances before the ready-for-play.
  8. The try is not a timed down.
  9. There are instances when a period shall be extended by an untimed down. During these extensions, leave the game clock at :00. Do not reset the game clock for the next period until the referee declares the period over by facing the press box and holding the ball overhead.
  10. Each state association may decide whether or not to utilize a running game clock in certain situations, and the procedures for those situations.
- E. Play Clock Procedures**
1. The following set of instructions is for the play clock operators to assist with the rules on the play clock that now involves a 40-second or 25-second possibility for a delay of game. The following are the instructions for the 40-second and the 25-second play clock, to be used if and when visible play clocks are available to be used.
  2. Note to the Play Clock Operator: Starting the 40-second play clock "immediately" is to be interpreted as starting the 40 seconds as quickly as the covering official signals the end of the down using Signal #3 (time-out) or Signal #7 (dead ball with one arm straight up) or Signal #10 (incomplete pass). These are the only three signals you should expect at the end of a down prior to the 40-second play clock starting.
  3. The following addresses the play situations that require the 40-second option:
    - (a) The Team A (offense) runner is stopped inbounds short of a first down. The game clock continues to run and the 40-second play clock is started immediately except at the end of a 4th down.
    - (b) The Team A (offense) runner is stopped inbounds beyond the line-to-gain (first down). The game clock is stopped for the first down and the 40-second play clock is started immediately. The referee will then restart (wind) the game clock (no whistle involved) as quickly as the football is placed on the ground and ready for play.
    - (c) The Team A (offense) runner or a Team A fumble or a Team A backward pass goes out of bounds. The game clock is stopped and the 40-second play clock is started immediately. The game clock will not start again until the next legal snap.
    - (d) A Team A (offense) legal forward pass is incomplete. The game clock is stopped and the 40-second play clock is started immediately. The game clock will not start again until the next legal snap.

4. There is no signal/whistle from the referee during the 40 seconds except to restart the game clock following a first down inbounds. It is important to note that none of the situations listed above involve an administrative stop/interruption in play. All of those possibilities are addressed in the next section.
5. **Administrative Stoppages/Interruptions:** It is always possible for the situations that are listed below to occur during the game that are administrative issues/interruptions to the normal flow of play. This list does not necessarily include every possibility.
6. **Note to the Play Clock Operator:** Every situation listed below – with two exceptions – will result in a 25-second play clock that is not started immediately at any time, but you will wait until the situation has been addressed and the referee will then utilize Signal #1 which is the very common ready-for-play (with the whistle sounded) or Signal #2 (wind) which restarts both clocks (with the whistle sounded).  
 Game Situations: (a) any foul occurs; (b) play is stopped for an injured player (40 seconds if a defensive player); (c) any down that involves a score; (d) either team is granted a time-out; (e) play is stopped to address an equipment issue (40 seconds if a defensive player); (f) any down that includes a legal kick followed by a new series; (g) a measurement for a first down; (h) team possession changes during or after a down; (i) the beginning of any period; (j) an inadvertent whistle; and (k) an untimed down. This list includes most 25-second play clock situations, but an extremely rare situation is also a possibility (a dog runs across the field; the lights go out; weather conditions).
7. **General Statements**
  - (a) Always set the play clock back to 40 during a down in progress. You will have plenty of time to change it back to 25 at the end of the down if necessary.
  - (b) The common ready-for-play whistle/signal is not used for a 40-second play clock.
  - (c) It is very important that the same individual in the press box is not responsible for both clocks. An official on the field will be responsible for the play clock if no visible play clocks are used.
  - (d) The game clock operator must always be ready for the referee to wind/start the game clock when it is stopped. The game clock will always start on a legal snap if it is not already started/running prior to the legal snap.
  - (e) Make certain that you always run the 25-second play clock prior to an extra point try, prior to a kickoff and prior to the kick following a safety.
8. Finally, the play clock operator must always be ready for the referee to reset the 40-second clock to 25 seconds if and when the 40 seconds has run down past and below 25 seconds and the football is still not yet on the ground ready for the next down. The referee's signal for this is a pumping motion with one hand up and down near his head. The same pumping motion with both hands is a reset to 40 seconds.

PLAY CLOCK/GAME CLOCK PROCEDURES				
Event	Play Clock Starts At	Game Clock Starts	Covering Official's Signal	Referee's Signal
Dead Ball Inbounds	40	Running	S #7	None
Dead Ball Out Of Bounds	40	Snap	S #3	None
Incomplete Pass	40	Snap	S #10	None
Team A Awarded 1st Down	40	Signal	S #3	Wind
Penalty Administration	25	Ready	S #3	Wind
Charged Team Timeout	25	Snap	S #3	Chop
Injury / Helmet Off *	40/25	Ready	S #3	Wind
Measurement	25	Ready	S #3	Wind
Double Change Of Possession -- Team A Snaps	25	Ready	S #7	Wind
Change Of Possession - Team B Snaps	25	Snap	S #3	Chop
Touchdown	25	N/A	S #3	Chop
Try, Field Goal, Safety	25	Varies **	Varies **	Chop
Start Of Each Period	25	Varies	Varies	Chop
Legal Kick	25	Snap	S #3	Chop
Start Of Overtime Period	25	N/A	N/A	Chop
Other Administrative Stoppages ***	25	Ready	S #3	Wind
* See Rule 3-6-1a(1)e EXCEPTIONS For Defensive Injuries				
** The Game Clock Will Start on the Legal Touch of a Free Kick				
*** Includes Inadvertent Whistle and Period Extension				
See the Current NFHS Football Rules Book for the NFHS Official Football Signals				





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

## NEWS RELEASE

### **Blocking Below the Waist in Free-Blocking Zone Addressed in High School Football Rules**

**FOR IMMEDIATE RELEASE**

Contact: Bob Colgate

INDIANAPOLIS, IN (February 17, 2021) – The rule regarding blocking below the waist in the free-blocking zone in high school football has been revised for the upcoming 2021 season.

This rule change was recommended by the National Federation of State High School Associations (NFHS) Football Rules Committee at its January 10-12 meeting, which was held virtually this year. This change to the 2021 NFHS Football Rules Book was subsequently approved by the NFHS Board of Directors.

As a result of numerous interpretations of current language regarding blocking below the waist in the free-blocking zone, the committee approved another condition in Rule 2-17-2 that must be met for a legal block below the waist in the free-blocking zone, which is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.

The new requirement (2-17-2c) is that the block must be an immediate, initial action following the snap. Under the current rule, an offensive lineman can delay and then block below the waist if the ball is still in the zone. In the committee's ongoing quest to minimize risk in high school football, the change was approved to require the block to be immediate.

“This change makes it easier for game officials to judge the legality of blocks below the waist and minimizes risk of injury for participants,” said Bob Colgate, NFHS director of sports and sports medicine and liaison to the Football Rules Committee. “This change lets game officials observe the block and make a call without having to determine where the ball is and what formation the offense lined up in.”

Blocking in the back continues to be legal in the free-blocking zone by offensive linemen who are on the line of scrimmage and in the zone at the snap, against defensive players who are in the zone at the snap and the contact is in the zone.

The committee noted there has been no criticism of the current rules governing blocks in the back as they are delayed blocks by nature, above the waist and considered to be a safe and necessary legal block.

“I believe this rule change will help make the interpretation of blocking below the waist consistent across the country starting next football season,” said Richard McWhirter, chair of the NFHS Football Rules Committee and assistant executive director of the Tennessee Secondary School Athletic Association.

The Football Rules Committee is composed of one representative from each of the NFHS member state associations that use NFHS playing rules, along with representatives from the NFHS Coaches Association, NFHS Officials Association and NFHS Sports Medicine Advisory Committee.

A complete listing of the football rules changes will be available on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on “Activities & Sports” at the top of the home page and select “Football.”

According to the most recent NFHS High School Athletics Participation Survey, 11-player football is the most popular high school sport for boys with 1,006,013 participants in 14,247 schools nationwide. In addition, there were 31,221 boys who participated in 6-, 8- and 9-player football, along with 2,604 girls in all four versions of the game for a grand total of 1,039,828.

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### **About the National Federation of State High School Associations (NFHS)**

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,500 high schools and 12 million participants in high school activity programs, including more than 7.9 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at [www.nfhs.org](http://www.nfhs.org).

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