

A blurred background image of a referee wearing a black and white striped shirt.

WMFOA

WESTERN MASS FOOTBALL OFFICIAL ASSOC.

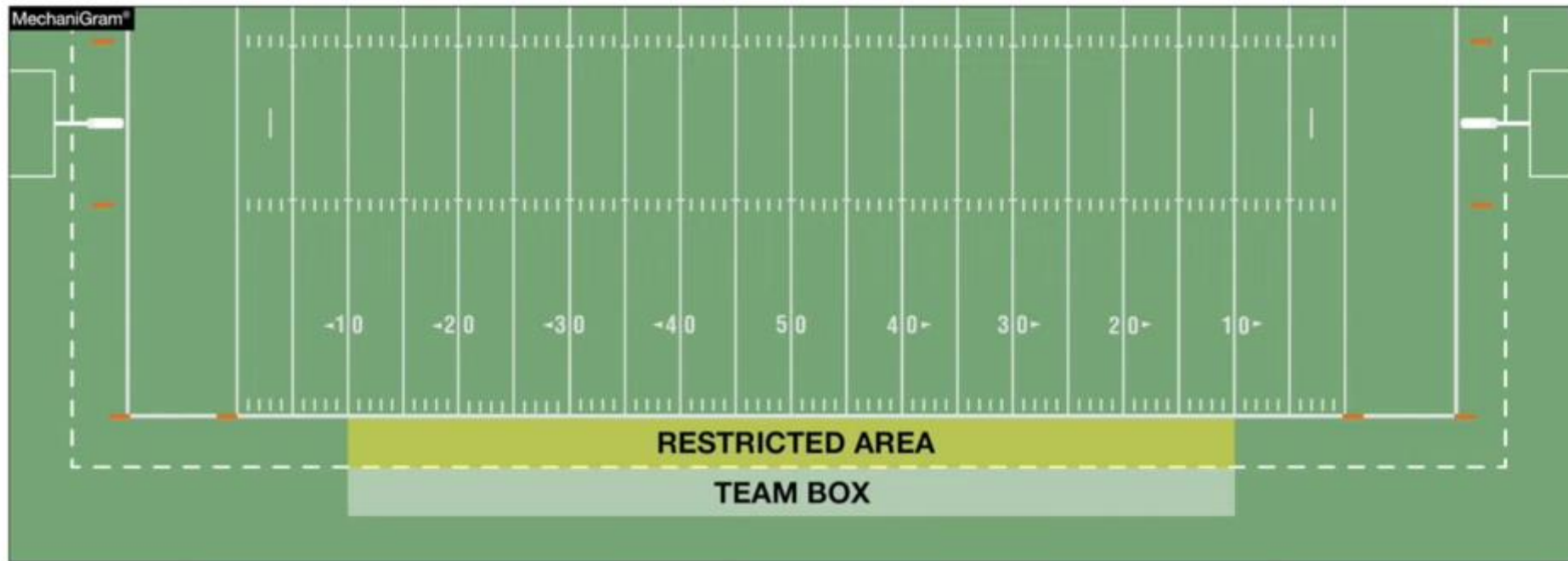
2022 RULES CLINIC





2022 NATIONAL FEDERATION OF HIGH SCHOOLS FOOTBALL RULES CHANGES



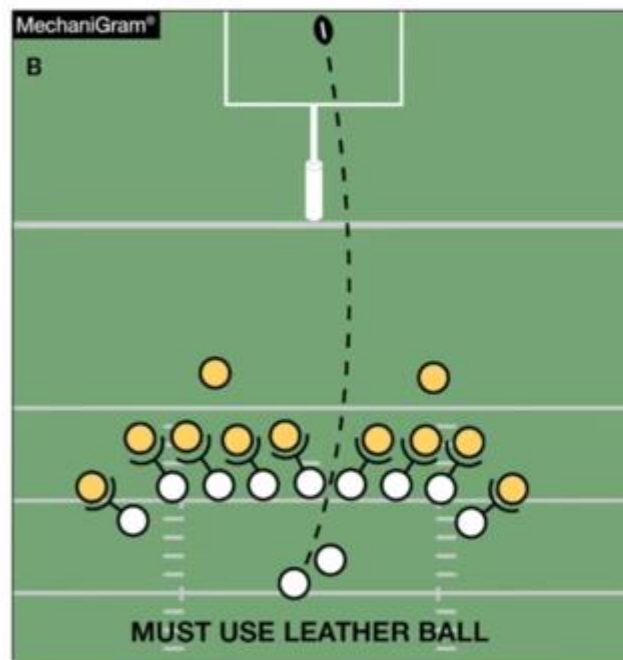
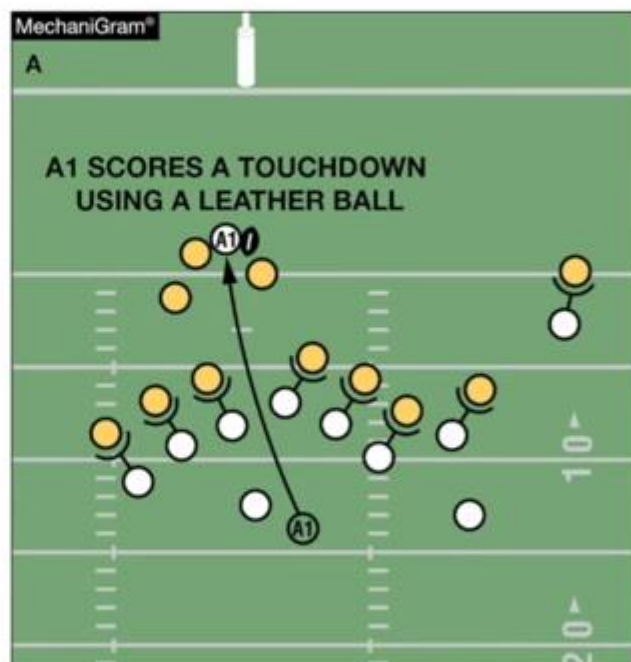
TEAM BOXES**RULE 1-2-3g NOTES 3. (NEW), TABLE 1-7 (3.) (NEW)**

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



GAME BALLS

RULE 1-3-3

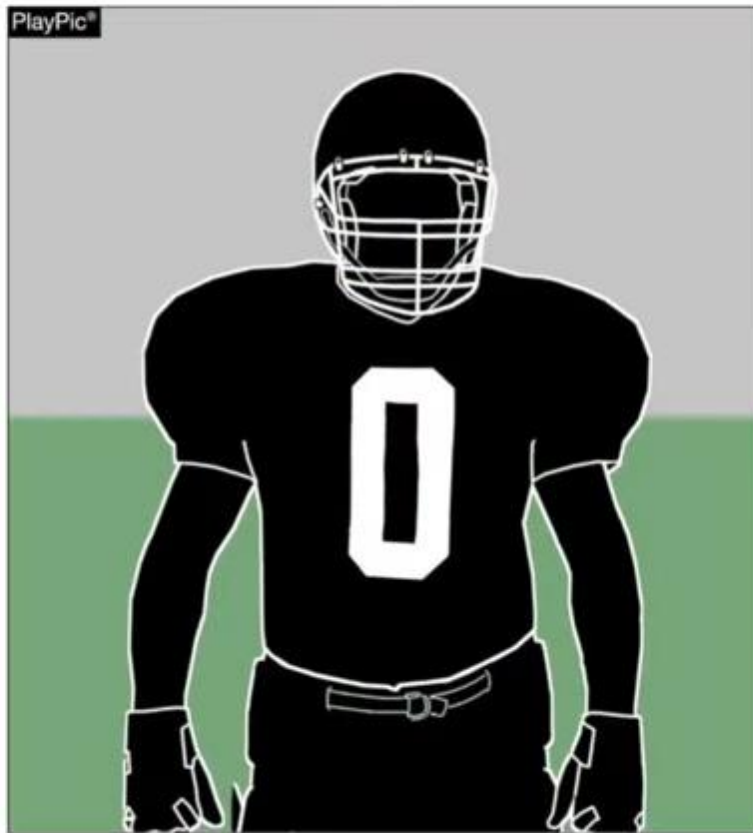


Any game official may order the ball changed between downs. Unless the ball is ordered changed by the Referee or another game official, Team A scoring a touchdown with one ball (MechaniGram A) may not request a different ball for the try (MechaniGram B) but may use a different approved ball for the ensuing free kick (PlayPic C).

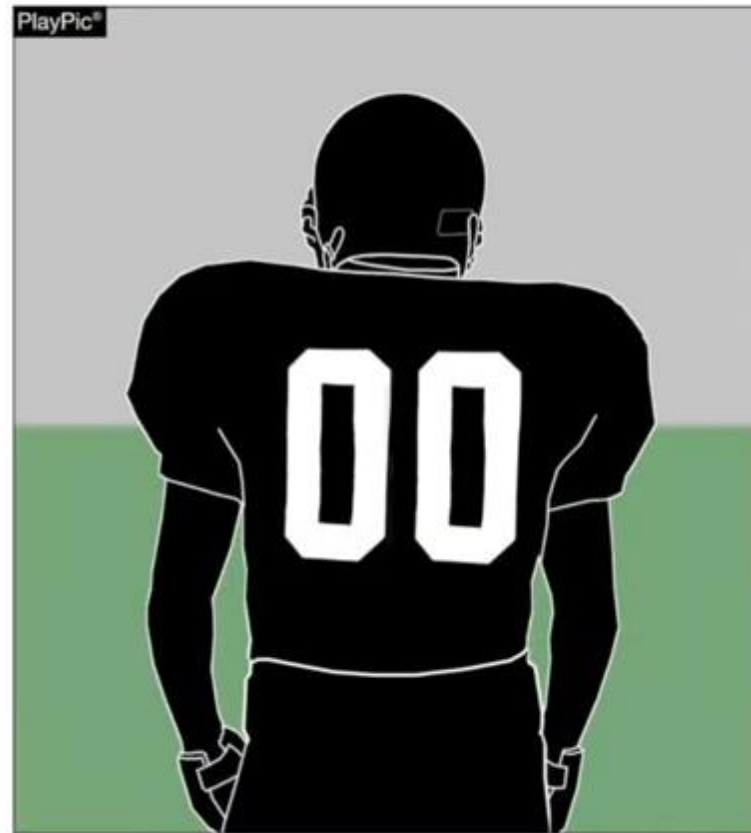
JERSEY NUMBERS

**RULE 1-4-3, FIGURE 1-4-2, RULE 1-5-1c(1),
EXCEPTIONS, RULE 7-5-6a**

RULE 7-2-5b



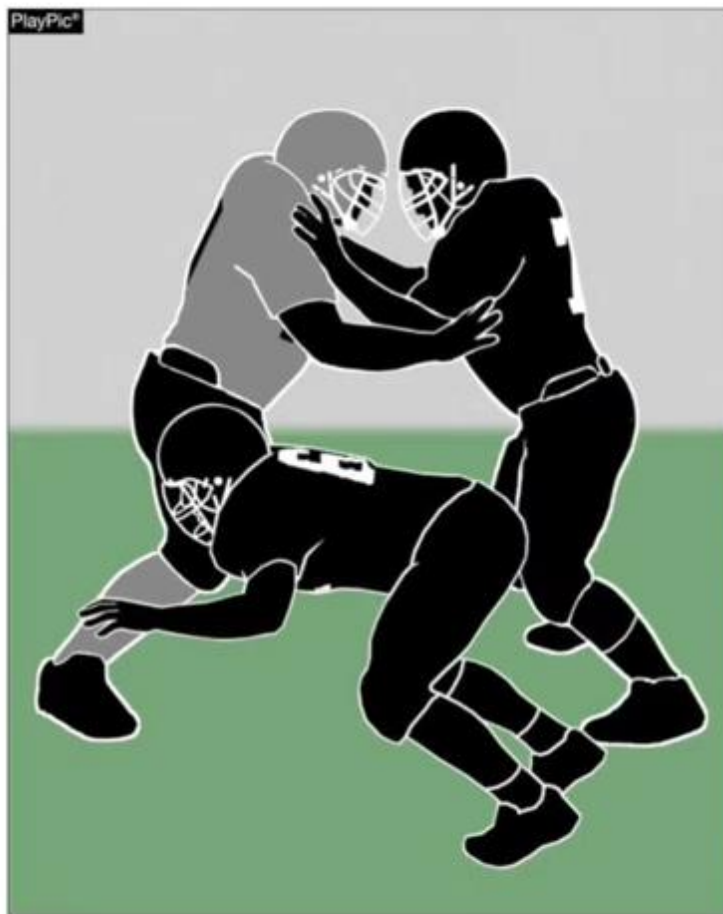
Legal



Illegal

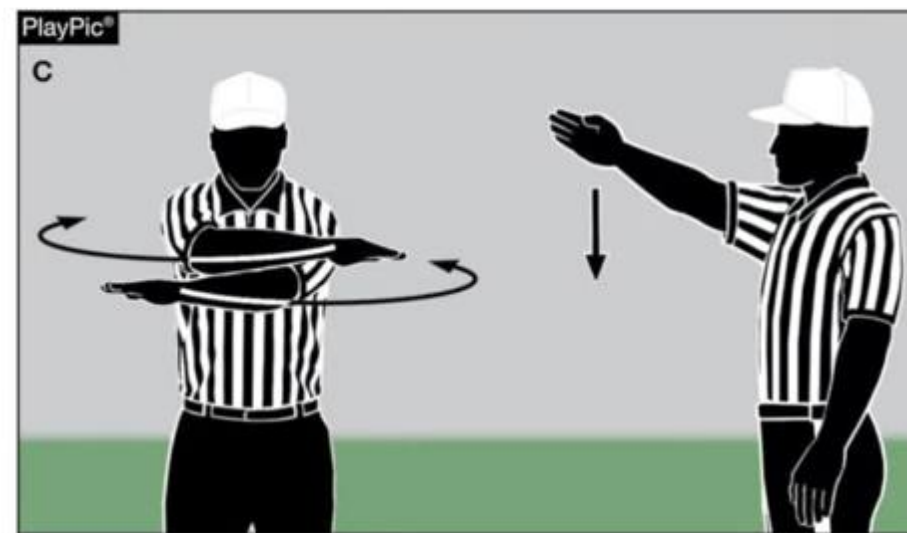
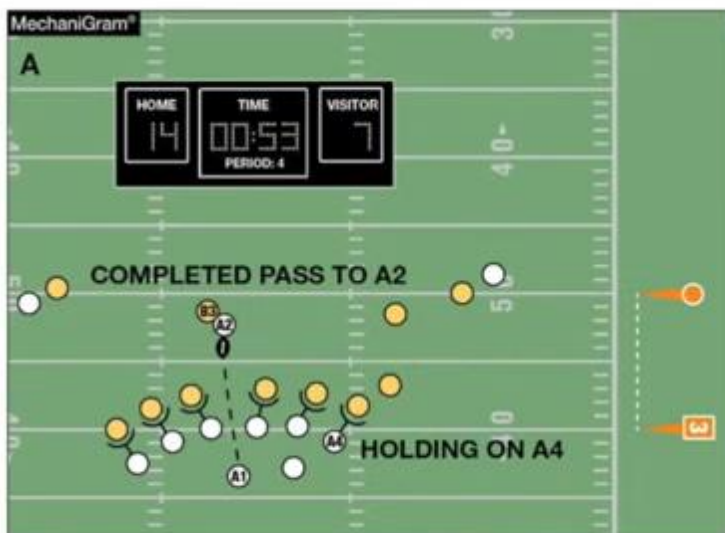
Each player shall be numbered 0 though 99 inclusive. Any number preceded by the digit zero such as "00" is illegal.

CHOP BLOCK RULE 2-3-8



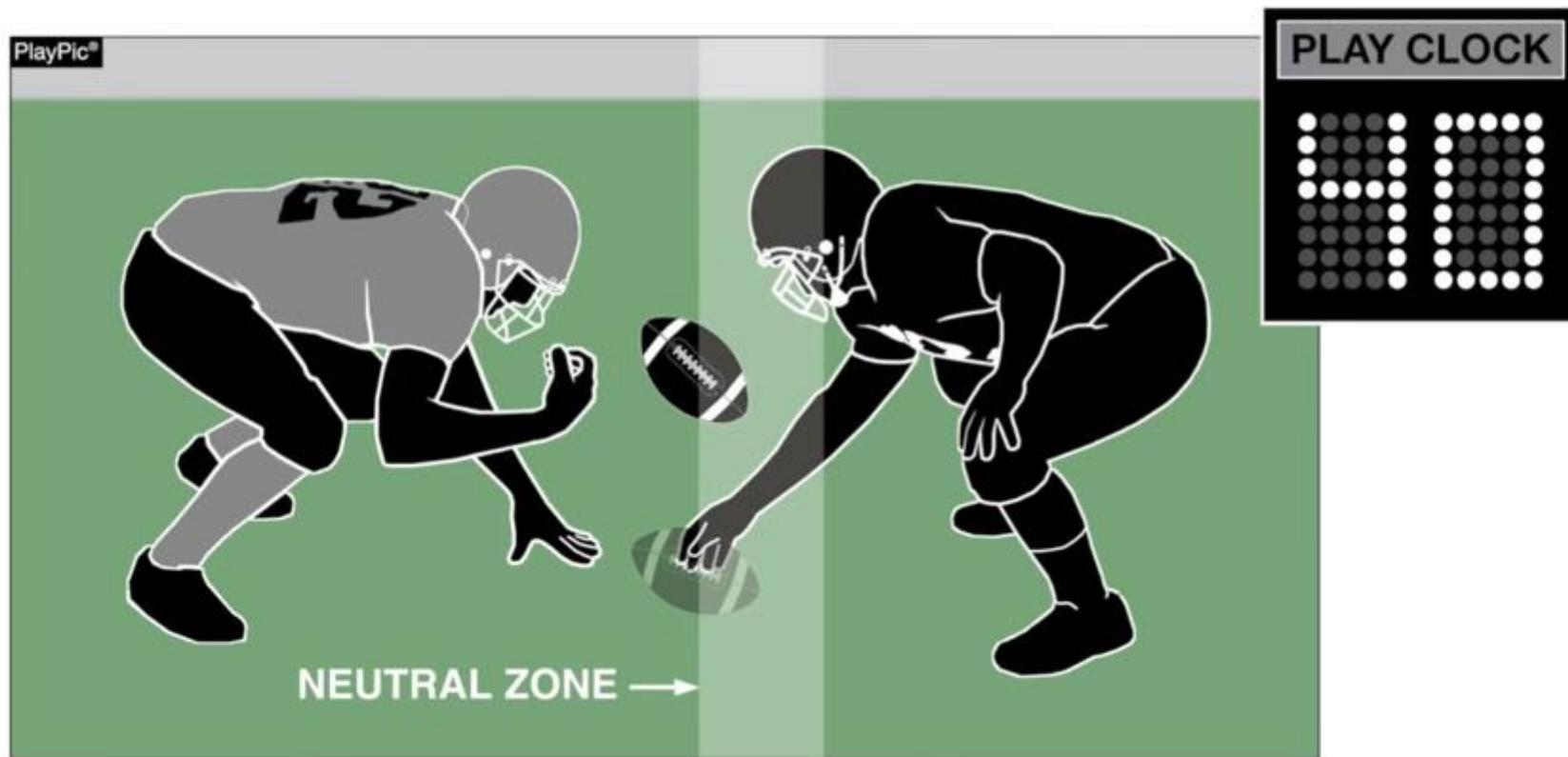
A chop block is combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is below the waist and one of the blocks is above the waist.

GAME CLOCK OPTION RULE 3-4-7



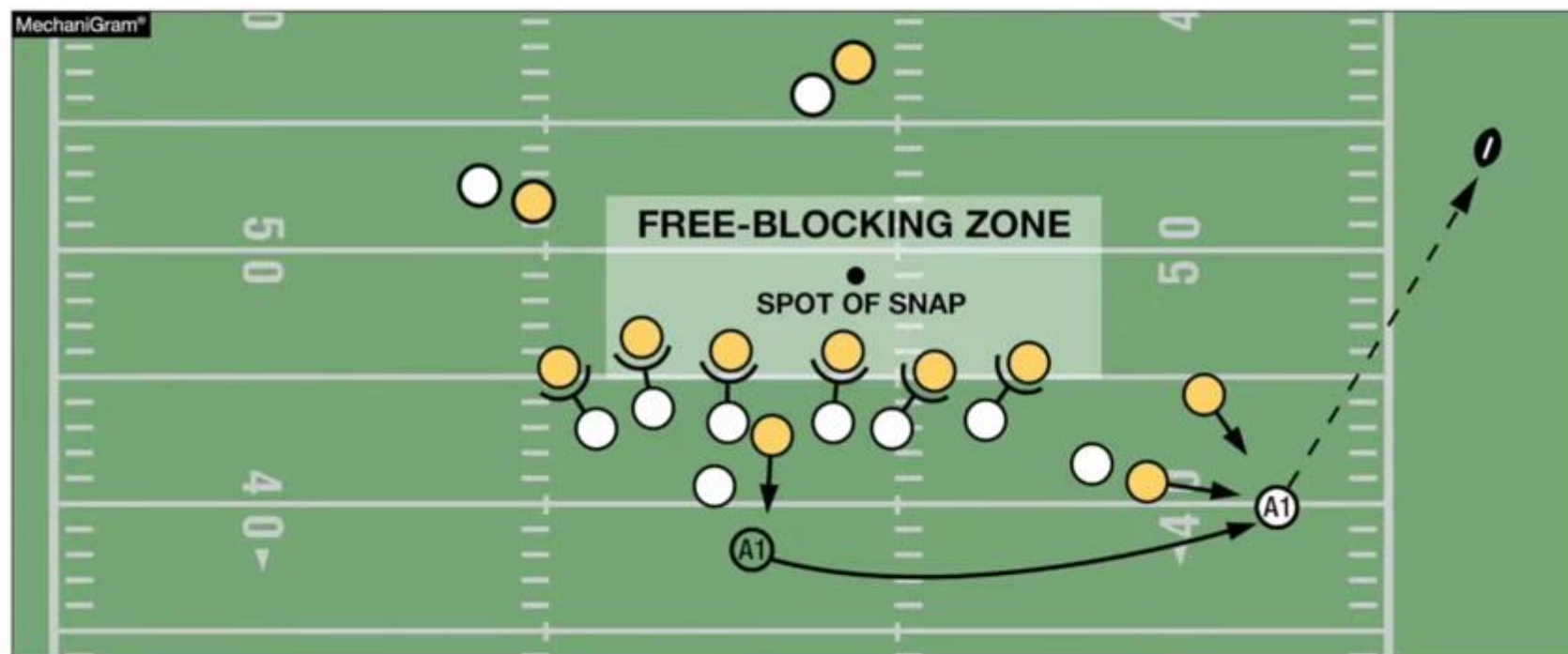
When a foul is committed with less than two minutes remaining in either half, the offended team has the option to start the game clock on the snap. In MechaniGram A, Team B trails when Team A fouls. Team B's coach is consulted (PlayPic B), choosing to decline the penalty and have the clock started on the snap (PlayPic C).

PLAY CLOCK RULE 3-6-1a(1)e EXCEPTION 2. (NEW)

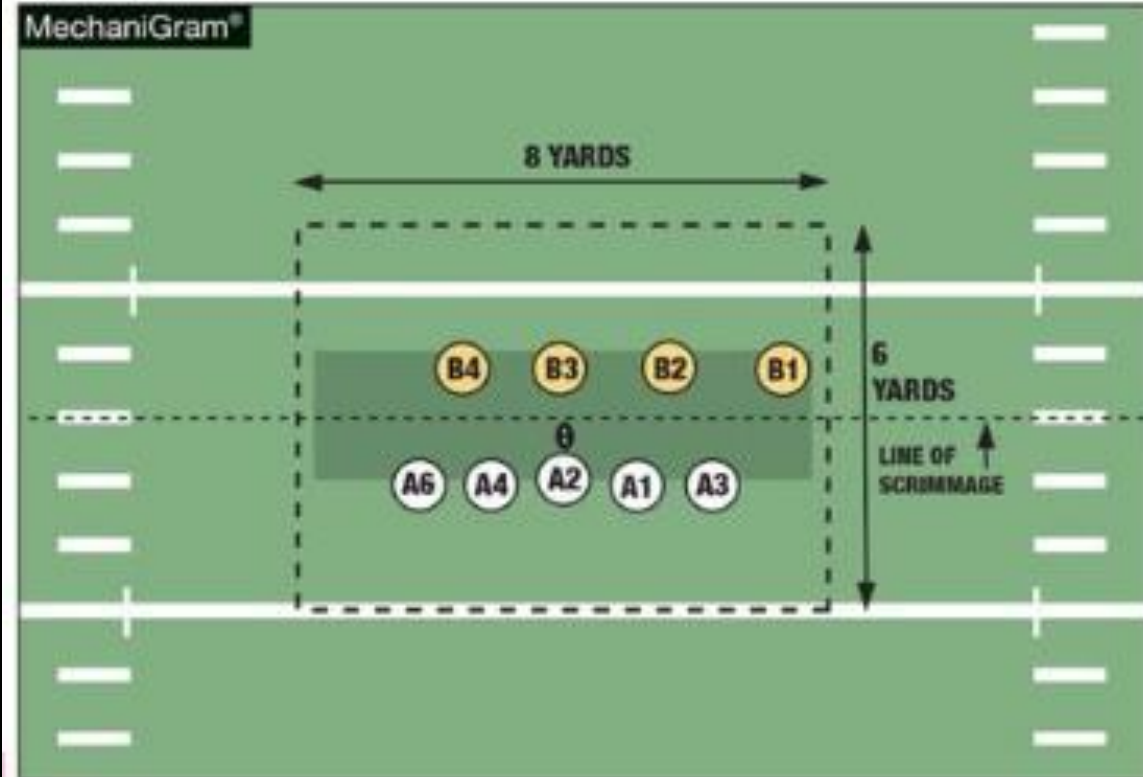


When the clock is stopped due to Rule 3-5-7i and Team B is the only team to foul, the play clock will be set to 40 seconds.

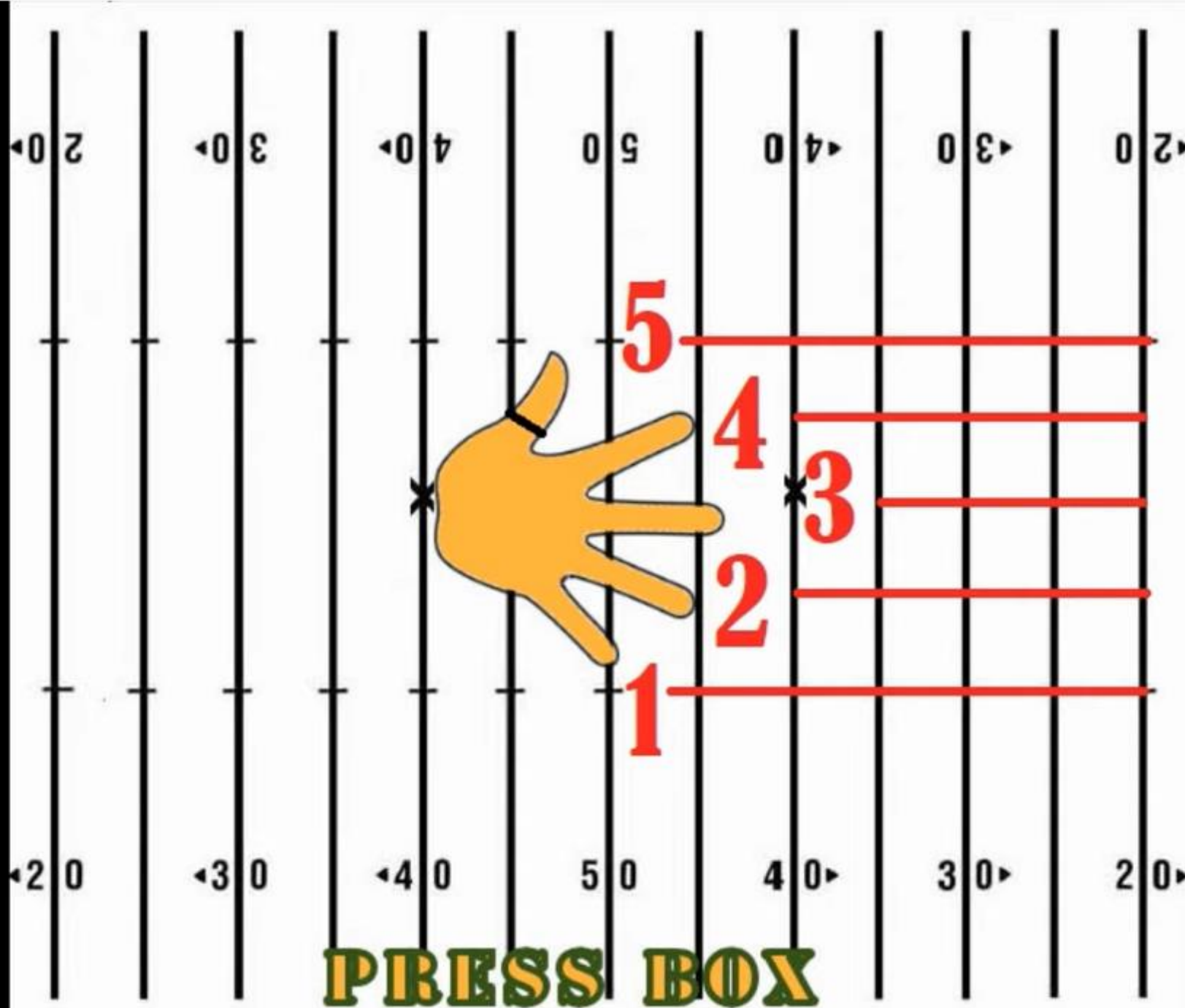
INTENTIONAL GROUNDING RULE 7-5-2d EXCEPTION 2. (NEW), TABLE 7-5-2, TABLE 7-5



It is legal for a player to conserve yardage by intentionally throwing an incomplete forward pass if the passer has been beyond the lateral boundary of the free-blocking zone as established at the snap; and the pass reaches the neutral zone, including the extension beyond the sideline.



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



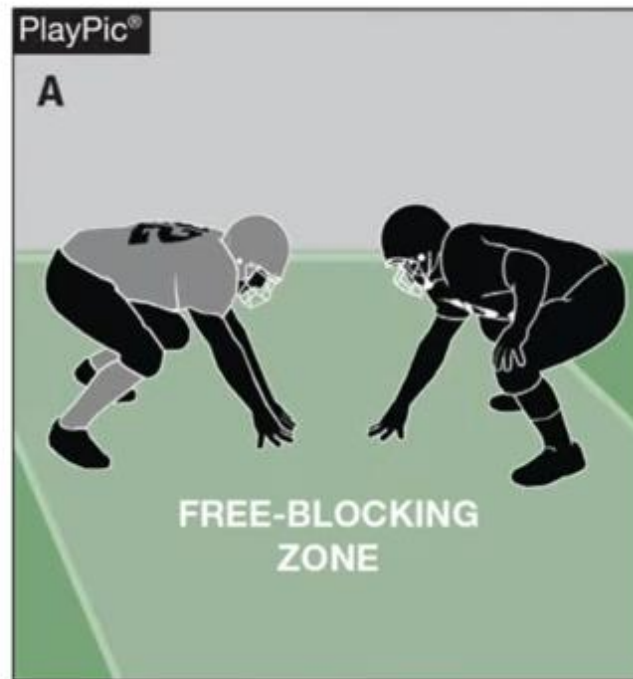


2022 NFHS FOOTBALL RULES REMINDERS



BLOCKING BELOW THE WAIST

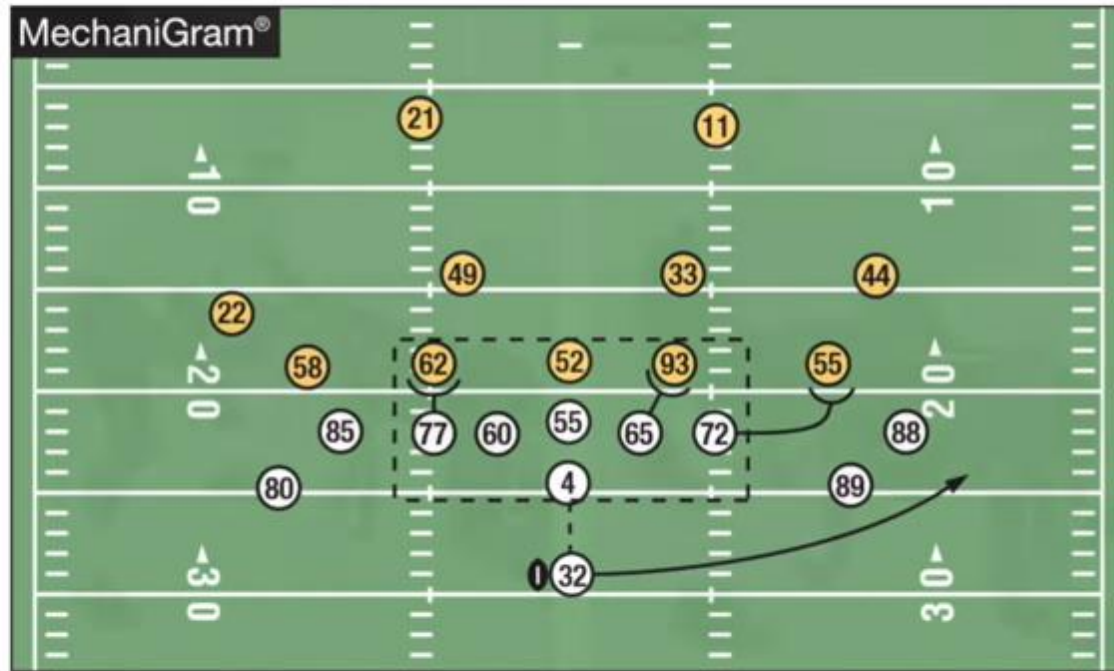
RULE 2-17-2c



In PlayPic A, both players are in the free-blocking zone and on their lines of scrimmage. In PlayPic B, the block is legal because it is in the zone at the time of the snap, is an immediate, initial action following the snap, and both players began the play on their lines of scrimmage and in the free-blocking zone.

BLOCKING BELOW THE WAIST

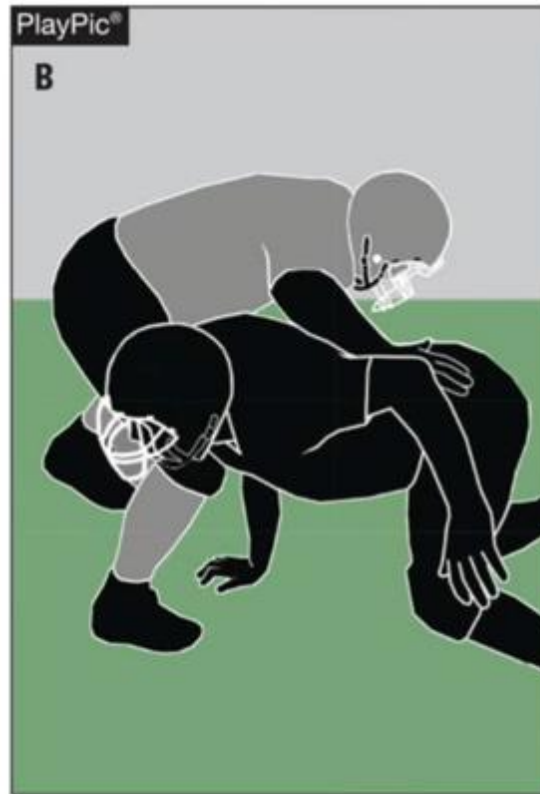
RULES 2-17-1, 2-17-2, 2-17-4



It is legal for offensive linemen to block below the waist in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap. No. 77 could only block No. 62 below the waist if the block was immediate, initial action following the snap. No. 65 can block No. 93 below the waist even though No. 93 is playing off his shoulder, if the block is an immediate, initial action following the snap. No. 72 could not block No. 55 below the waist at any time during this play.

BLOCKING BELOW THE WAIST

RULES 2-3-7, 2-17-1, 2-17-2, 9-3-2



While in the free-blocking zone, the initial contact in PlayPic A is with the hands below the waist. When the blocker finishes the block below the waist as in PlayPic B, it is not a foul. A block below the waist is legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

BLOCKING BELOW THE WAIST

RULES 2-3-7, 2-17-1, 2-17-2, 9-3-2



The initial contact in PlayPic A is above the waist. In PlayPic B, the blocker then loses contact and the blocker starts a new block below the waist, this is a foul. A block below the waist is legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

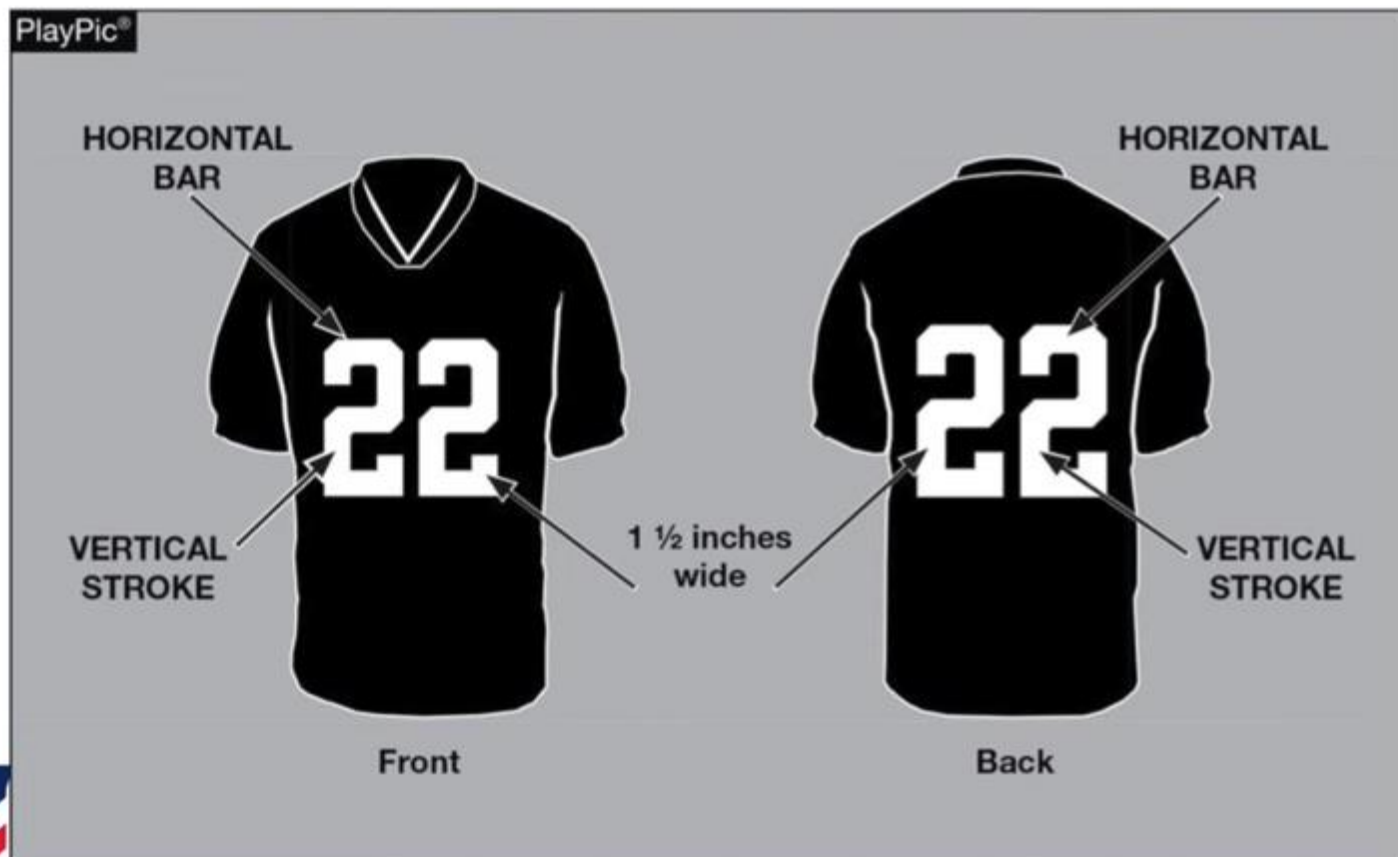
BLOCKING BELOW THE WAIST RULES 2-3-7, 2-17-2, 9-3-2



The rules regarding blocking below the waist apply equally to both teams. In the PlayPic, the defender goes below the waist outside the free-blocking zone to take out the lead blocker. This is an illegal block by the defender. A block below the waist is only legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

FOOTBALL JERSEY NUMBERS

RULE 1-5-1c(3)



The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1 1/2 – inches wide.

2024 - FOOTBALL JERSEY NUMBERS

RULES 1-5-1c; 1-5-1c(6)



Effective with the 2024 season, the entire body of the number (the continuous horizontal bars and vertical strokes) shall be a single solid color that clearly contrasts with the body color of the jersey.

FOOTBALL JERSEY NUMBERS

RULES 1-5-1c; 1-5-1c(6)



The style of the numbers on these jerseys are legal through the 2023 season. **The following four types of number designs will be illegal in 2024.**



2022 NFHS FOOTBALL POINTS OF EMPHASIS



2022 NFHS FOOTBALL POINTS OF EMPHASIS

1. Sportsmanship
2. Targeting/Defenseless Player
3. Legal Uniforms and Equipment



SPORTSMANSHIP



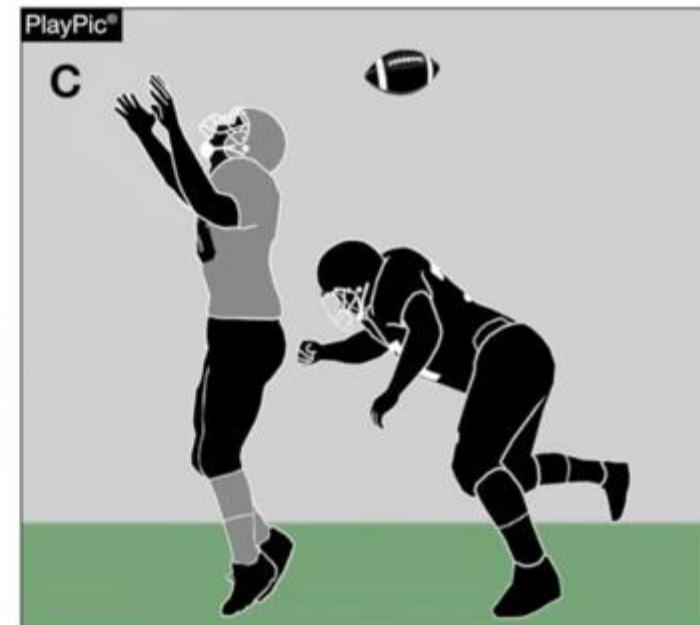
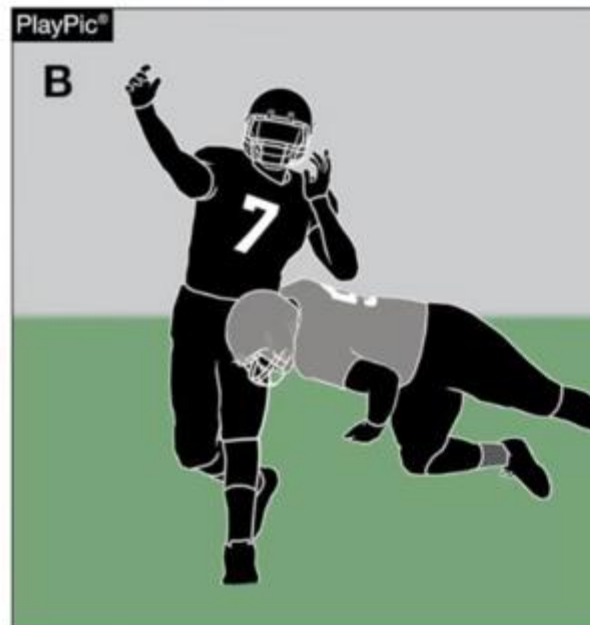
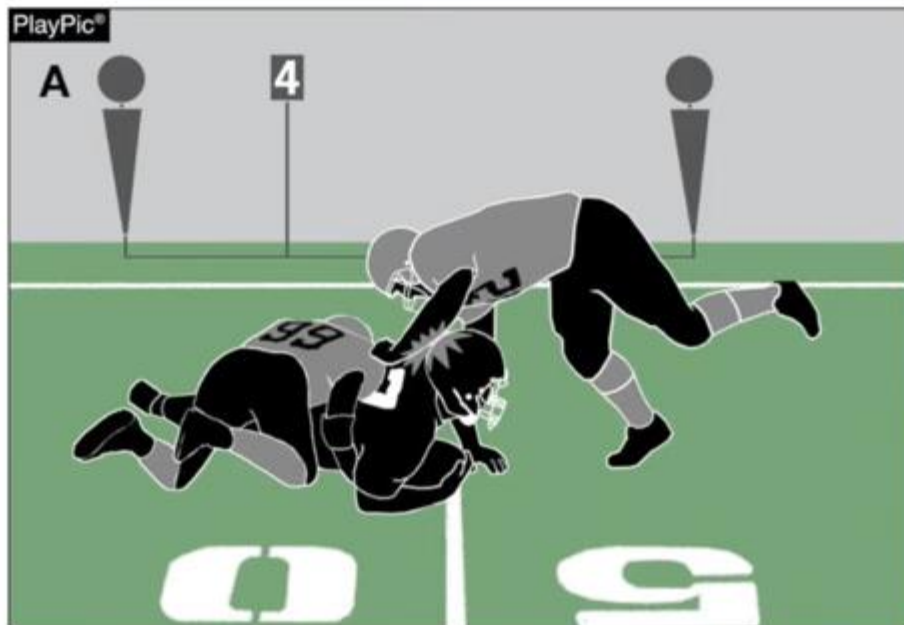
Poor sportsmanship by coaches and players sets a negative tone for fans, game officials and others.

SPORTSMANSHIP



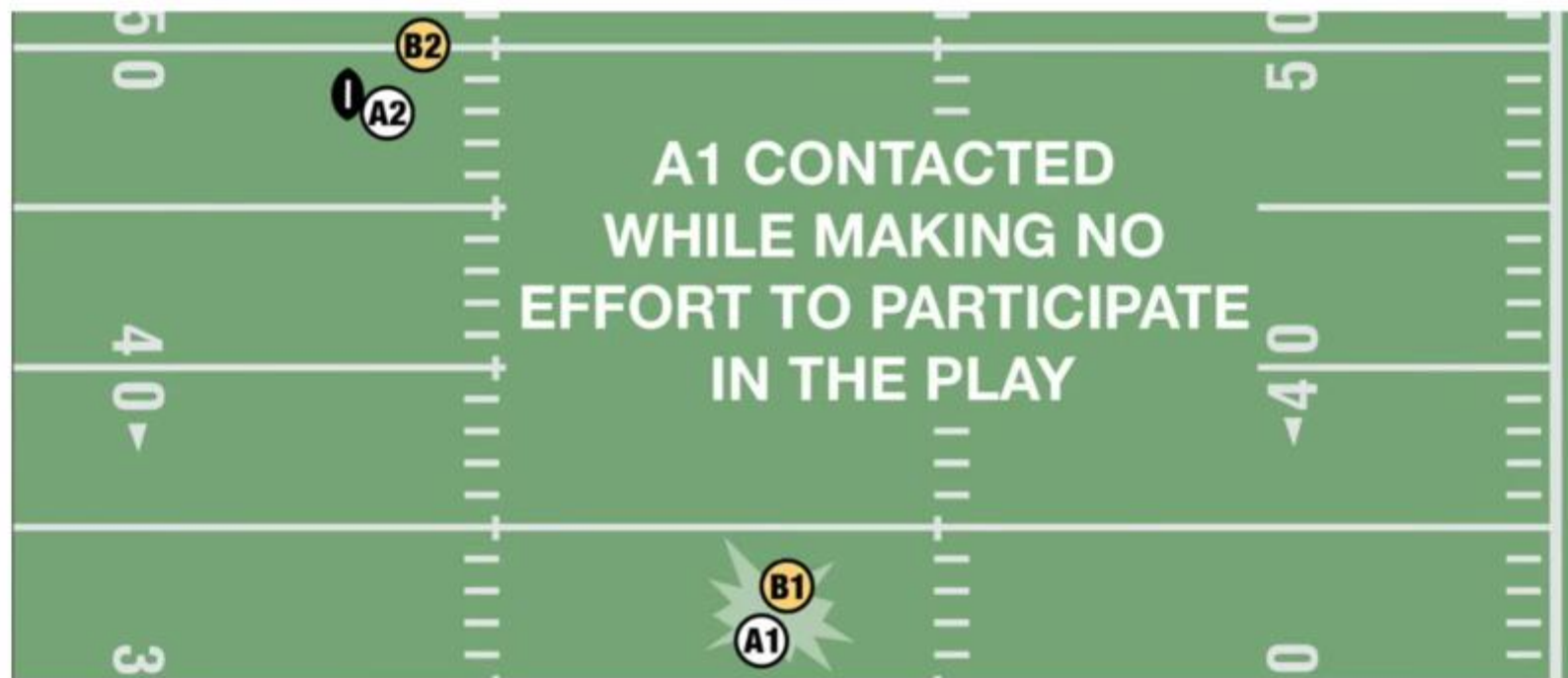
Fans must not employ language or acts that defames, demeans, abuses, or bullies a competitor, game official, or another fan. Issues with fan behavior should be directly referred to contest management by game officials.

TARGETING/DEFENSELESS PLAYER



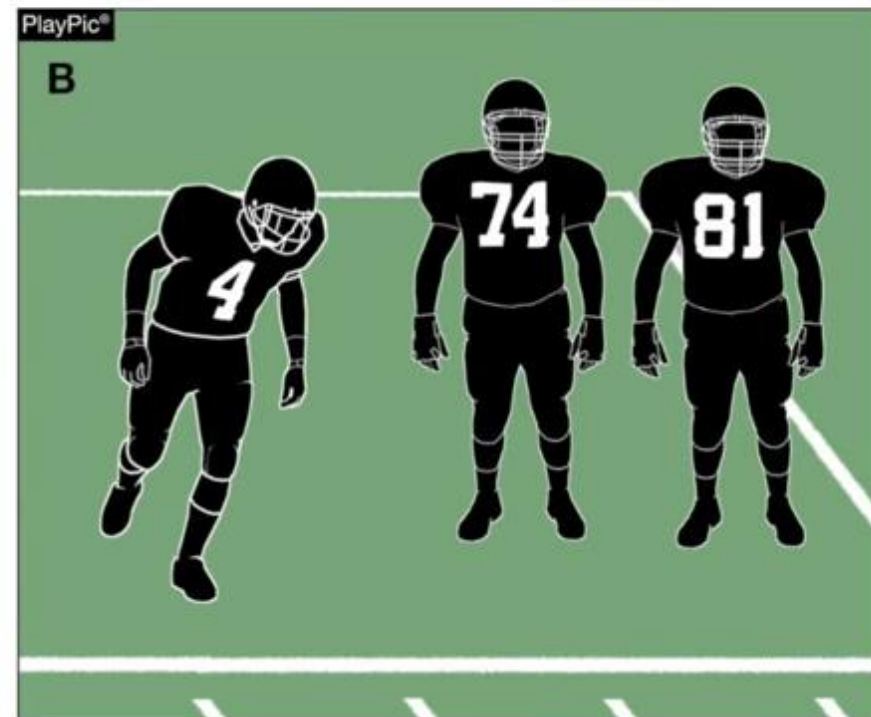
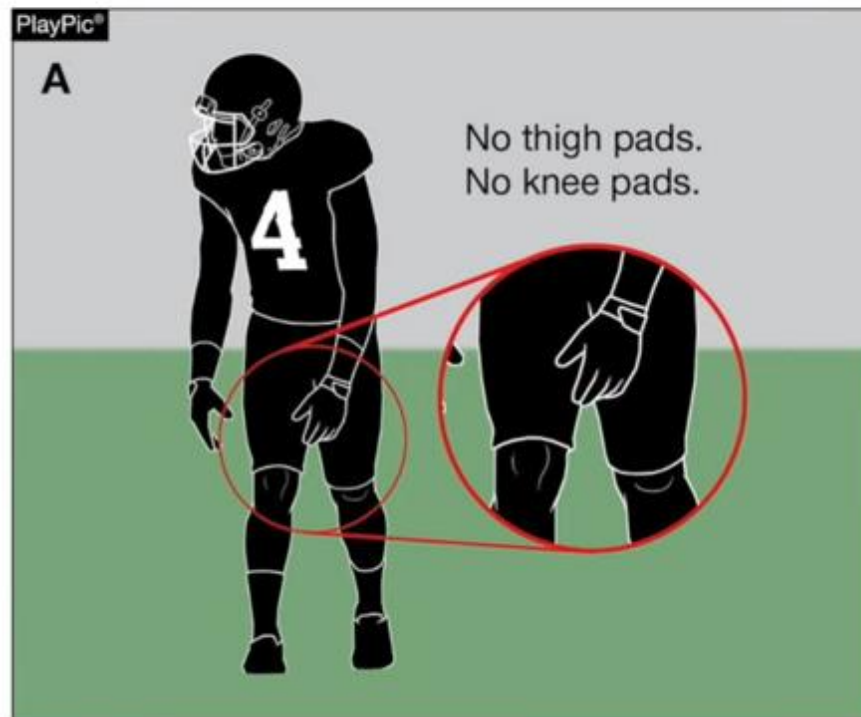
A downed runner is defenseless and cannot protect himself against unnecessary contact (PlayPic A). Once a pass is thrown, a passer is defined as a defenseless player (PlayPic B). A pass receiver attempting to catch a pass, or a pass receiver who has clearly relaxed when the player has missed the pass or feels he can no longer catch the pass, should be considered defenseless (PlayPic C).

TARGETING/DEFENSELESS PLAYER



A1 is obviously out of the play and not in the immediate vicinity of the runner. A1 is by definition defenseless. The contact by B1 is a personal foul.

LEGAL UNIFORMS/EQUIPMENT



Players who fail to wear required equipment during a down (PlayPic A) must be replaced for one down (PlayPic B).

