

# 2008-2009 MHSa Online Football Clinic Handouts

**Officials:** *All of these slides are presented as part of your clinic.*

**Coaches:** *Slides 1 and 2 are presented; then proceed to slide 27 for the remainder of your presentation.*

**Slide 1** Welcome to the MOA/MHSa online clinic presentations. I am Mark Beckman, Executive Director of the MHSa and Commissioner of the MOA. The MHSa/MOA is again presenting the rules clinics in this electronic format for coaches and officials throughout the state. This format saves travel time and costs for schools and officials, and by eliminating travel to clinic sites, this online format provides a safer more flexible means of delivering this necessary information.

Everyone will view the same clinic, providing consistency for coaches and officials. The clinic will be accessible during the season so you can go back and review a particular section. The software has been upgraded and all clinic production is done in house. You will find the audio clearer and the presentation slides larger and easier to read. If you have any questions or comments regarding this format please contact Brian Michelotti at the MHSa office; his email address is [bmichelotti@mhsa.org](mailto:bmichelotti@mhsa.org).

This is the fourth year of utilizing online clinics as a means of delivering the essential rules information for each activity. As requested by the MHSa Executive Board and the MOA Regional Directors, an electronic survey regarding the clinic process was sent via email to all head coaches, administrators and officials in June 2008. Responses continue to be received, and your input has been appreciated. If you have not had the opportunity to respond yet, please take a few moments to do so. The MHSa/MOA staff values your input. If you did not receive an electronic survey, please contact an MHSa staff member and provide your email address.

All head coaches must view the clinic for their activity in order to meet the clinic requirement. However, all other members of the coaching staff, as well as activities directors, are encouraged to view the clinics.

Please follow the directions at the end of the presentations to sign in and receive credit for completing the clinic requirement. We encourage you to print two copies of the verification page confirming that you have viewed the clinic. Keep one copy for your records and if you are a coach, provide a copy to your administrator as proof of your completion of this clinic.

Again, please feel free to the MHSa office with any questions or comments concerning the online presentations of the MHSa/MOA rules clinics.

**Slide 2** You are about to view the mandatory clinic for your activity. You must view the entire presentation in order to receive credit. Complete the information on the last page to ensure that your attendance has been submitted. Properly recording your attendance after the viewing is complete will fulfill the MHSa and/or MOA clinic requirements. Head coaches are required to view the clinic, but all assistant coaches and other personnel are strongly encouraged to view the presentation.

**Slide 3** This MHSa/MOA rules clinic presentation will follow the agenda listed on this slide. Please note that only MOA members will be required to view the MOA General Information and MOA Handbook portions of the clinic.  
Sport Specific Rules Information – presented by the appropriate MHSa staff member:  
Football/Golf – Brian Michelotti  
Soccer – Joanne Austin  
Cross Country/Volleyball – Scott McDonald

Now I would like to turn it over to Theresa Stanisich, MOA Coordinator, who will be presenting the MOA General Information section of this clinic.

**Slide 4** Hi, I am Theresa Stanisich, your MOA Coordinator. I would like to take this opportunity to share with you some general information regarding the MOA.  
As in the past, please contact your Regional Director regarding any issues you may have in your area concerning officiating, but if you need information regarding ratings, upgrading or have questions regarding your MOA status please email me at [tstanisich@mhsa.org](mailto:tstanisich@mhsa.org) or you can call me at 442-6010.

**Slide 5** The Montana Officials Association Board is composed of eleven Regional Directors who represent his/her region for the MOA. The Directors shall have responsibility for the general oversight of the MOA.

The MOA Regional Directors meet twice a year – in December and in June to conduct the business of the MOA. Later in this presentation information will be presented that includes rule changes that have been approved by the MOA Board and the MHSAs Executive Board during those meetings.

**Slide 6** The Directors serve a three year term and the MOA Board clarified this year that any member in good standing and residing within the prescribed boundaries of their region may be elected to the position of Director.

Officials shall receive ballots for regional director for the region in which their pool is located. Officials who are members of multiple sports pools will receive ballots for the official's region of residence.

**Slide 7** The next two slides provide a list of your MOA Regional Directors. We thank all of these individuals for their service, and if you have any questions in your area, please do not hesitate to contact your representative. Also, all other contact information for your regional directors is listed on the MOA page of the MHSAs website at [www.mhsa.org](http://www.mhsa.org).

Region #1	Kalispell	755-5666	Randy Saunier	Lincoln, Flathead, Sanders
Region #2	Missoula	728-6001	Doug McAlear	Missoula, Granite, Ravalli, Lake, Mineral
Region #3	Butte	497-6408	Bob Rowling	Silver Bow, Deer Lodge, Beaverhead, Madison, Whitehall, Deerlodge
Region #4	Havre	265-4941	Dave Peterson	Hill, Blaine, Phillips, Toole, Liberty
Region #5	Great Falls	736-5506	Tom Lorang	Cascade, Choteau, Teton, Pondera, Glacier, Geysers, Raynesford
Region #6	Bozeman	587-4871	KC Barnhardt	Gallatin, Park, Meagher, Harrison, Ennis

**Slide 8**

Region #7	Billings	252-0997	Harold Olson	Yellowstone, Sweet Grass, Carbon, Golden Valley, Big Horn, Stillwater, Musselshell
Region #8	Sidney	433-6846	Frank Difonzo	Richland, McCone, Valley, Roosevelt, Sheridan, Daniels, Dawson, Wibaux
Region #9	Miles City	233-3615	Bruce Shipp	Custer, Rosebud, Carter, Powder River, Prairie, Garfield, Treasure, Fallon
Region #10	Lewistown	428-2341	George Maruska	Fergus, Judith Basin, Wheatland, Petroleum
Region #11	Helena	439-6379	Larry Holman	Broadwater, Jefferson, Lewis & Clark, Powell, Boulder

**Slide 9** General information concerning the Montana Officials Association includes the following:

Official dues are \$60.00 for one sport and \$30.00 for each additional sport.

If you have changed your address please notify us of your new address so we can make sure our mailings reach you. We can be reached at 442-6010 or you can go to [www.mhsa.org](http://www.mhsa.org) – click on MOA – click on “Change of Address” to access the form. All MOA mailings are sent third class and the post office will not forward third class mail even if you have filed a change of address card.

As an official, if you eject a player or coach from a contest, you must report the ejection to the MHSAs office within 48 hours. You can fax the report to 442-8250 or email it to the staff member presenting the rules portion of this clinic.

**Slide 10** This year's exam dates for all sports are listed on this slide. If you are an official who plans to test up, you must provide a written request to upgrade to the MOA office at least 20 days prior to the test date.

2008-09 exam dates:

Football, Soccer & Volleyball - August 26, 2008.

Upgrade letters due by August 6, 2008

Basketball and Wrestling – December 1, 2008

Upgrade letters due by November 11, 2008

Softball – March 23, 2009

Upgrade letters due by March 3, 2009

You can access the request form on our website – [www.mhsa.org](http://www.mhsa.org) on the MOA page.

- Slide 11** The MOA Regional Directors and MHSA Executive Board approved a fees increase for all MOA contests this year. Varsity contest fees will go from \$50.00 to \$55.00 per contest. Sub varsity contest fees will go from \$30.00 to \$33.00 per contest. All other regular and post season fees can be viewed, and a hard copy printed, at [mhsa.org](http://mhsa.org) on the MOA page.
- Mileage has increased from 48.5 cents to 50.5 cents per mile. Per diem is 8 cents per mile so the driver would receive 58.5 cents for mileage and per diem and any rider would receive the 8 cents per diem for regular season events.
- For post season events, the driver is paid 50.5 cents per mile and the per diem for the driver and passenger is dependent on whether they commute to the tournament site or stay over night at the tournament site.
- As a reminder:  
Coaches and administrators, please be certain this information reaches your business office to ensure proper payment of officials; AND  
Officials, please be certain to review your checks to ensure you are receiving proper payment.
- And now we'll return to MOA Commissioner Mark Beckman for this year's MOA Handbook and Uniform Changes.
- Slide 12** Thanks Theresa. We are very fortunate to have Theresa Stanisich serving as MOA coordinator – she is an excellent employee who is very well versed in the day to day operations of the MOA. Also the eleven members who represent you on the MOA Board are very hard working, conscientious individuals who I can assure you review each and every proposal thoroughly and make well informed decisions regarding MOA issues.
- The following are regulations and procedures that have been approved by the MOA Regional Directors and by the MHSA Executive Board to be enacted this year.
- Slide 13** Beginning last year, background checks were done for all MOA registrations. The background checks were completed in-house through several public internet background checks and there will be no additional cost to the officials.
- All prospective officials applications will include a background check and random checking of the current membership may occur.
- Slide 14** The following conviction status policy has been implemented for all officials:  
An individual who is convicted of: (a) a felony involving the use, possession or sale of a controlled substance within the last ten years or (b) a crime involving the use or threatened use of violence against a person within the last ten years, is prohibited from membership in the MOA;
- Slide 15** The MOA and MHSA Executive Board clarified that an individual who is convicted of a crime involving a minor child at anytime is subject to lifetime suspension from membership in the MOA.  
Also the process for appeal was clarified for sections (a) and (b) – the Executive Director or his/her designee will review any information submitted by an applicant or others, regarding criminal history and make an individual and confidential determination with regard to the official's status.
- Slide 16** In regard to section (c) - Reinstatement – Following ten (10) years from the date of conviction or deferred imposition, an individual permanently prohibited from membership pursuant to a crime involving a minor child may apply to the MHSA Executive Board for reinstatement upon a showing by clear and convincing evidence that the individual is not a threat to minor children and is otherwise qualified for MOA membership.
- Slide 17** Beginning with the 2008-09 season, the MOA will offer mechanics clinics in football and basketball. This clinic requirement can be satisfied by attending one of the several MOA approved clinics offered around the state, attendance at the "train the trainer" clinic offered by the MOA at the annual MCA convention in August or by verification from the pool that an official has attended and received credit for the MOA supplied mechanics study clubs presided over by a certified mechanics "trainer".

- Slide 18** Each trainer must be recertified concurrent with the printing of each new NFHS rules officials' manual (generally every other year).  
Failure to complete the rules and/or mechanics clinic for their sport renders an official ineligible for any postseason contest. Also, upgrading will be denied for a one-year period for failure to complete both the current year rules and mechanics clinics. Basketball and Football are the only sports requiring mechanics clinics at this time.  
Mechanics clinics for soccer, volleyball, softball and wrestling will be made available in future years.
- Slide 19** A joint venture strategy for MOA members to join the Montana Coaches Association (MCA) as an associate member and receive selected benefits associated with their MCA membership was implemented last year.
- Over 15 percent of the registered officials joined the MCA so far this year. The dues collected will help to fund mechanics clinics, beginning this year to be held in conjunction with the MCA yearly convention held in Great Falls. The idea behind this program is to focus on mechanics training in all sports.
- The MCA card will also grant admission to regular season athletic contests of participating high schools and colleges.
- If you have any questions regarding mechanics training or joining the MCA, please call the MOA Office at 442-6010 or email Theresa Stanisich – MOA coordinator at [tstanisich@mhsa.org](mailto:tstanisich@mhsa.org)
- Slide 20** Other actions:  
The MOA requires that only MOA members in good standing are assigned to work all varsity regular season contests in all classifications and *the MOA recommends that only MOA officials in good standing are assigned to work all sub-varsity regular season contests*.  
Three officials are required for all varsity soccer contests.  
Reminder – case books will be sent to officials every other year.
- Slide 21** For state soccer, a flat driver's mileage will be utilized once again this year.  
Officials who commute daily from their home city to the tournament city or who alternate during the duration of the tournament between a daily commute and an overnight stay will receive one travel allowance per round trip commute (maximum 150 miles per round trip) at the current prescribed mileage rate. Officials making more than one commute per day will only be compensated for a single commute.
- Slide 22** New eye wear requirements  
Except in cases where a prescription is necessary, officials working MHSAsanctioned outdoor contests shall adhere to the following requirements for wearing sunglasses or other eye wear:
- Slide 23**
- 1) Must be lightweight and functional
  - 2) Must not distract from the rest of the uniform
  - 3) Must have strong frames which allow for a maximized field of vision
  - 4) Must fit properly for minimum movement on the face
  - 5) Multi-colored and reflective lenses are not allowed
  - 6) Lanyards, if used, shall be solid black in color.
- Slide 24** Other reminders on some general uniform information:  
An American flag, if worn, will be worn on the left shoulder.  
Jewelry, except wedding bands, a watch if necessary, and medical alert bracelets, shall not be worn while officials are working.
- Slide 25** Embroidered MOA patches are acceptable – but it is mandatory that the patch be the same style, font and size as the MHSAs/MOA patch and have black lettering with white background. In addition, only MOA members in good standing are authorized to display the MOA patch on the uniform.

**Slide 26** MOA Policy requires that all officials must follow and use the mechanics and signals that are in the National Federation's Basketball Rule Book and Officials' Manual. All officials must understand that personal interpretations of the rules have a negative impact on the game. The rules are written to provide a balance between offense and defense, minimize risks to participants, promote the sound tradition of the game and promote fair play. Individual philosophies and deviations from the rules as written, negatively impact the basic fundamentals and tenants of the rules. Officials must be consistent in the application of all rules.

Now I would like to turn it over to:

*Brian Michelotti*, MHSAs Assistant Director, who will be presenting the 2008 *Football/Golf* Rules Clinic;

**Slide 27** I would like to welcome all coaches, administrators and officials to another season of Montana High School Football and to the fourth on-line Football Rules Clinic.

My name is Brian Michelotti, and I am an Assistant Director for the Montana High School Association.

We are here at the MHSAs to assist you and we can be reached by phone at 442-6010; our fax number is 442-8250.

If you have any questions, comments or concerns in regard to high school football please give me a call or you can send me an email at the address listed here.

Also, please make sure you visit the MHSAs website. We have made many changes to the site and we will be updating information on a regular basis directly from the MHSAs office. This can be a great source for you to keep informed with the latest information occurring in Football and all MHSAs activities.

**Slide 28** Just a few items before we get into the National Federation rules changes

Here is some general information that everyone needs to be aware of:

The first day for Football practice for Class AA and A is August 15<sup>th</sup> and for Class B and C is August 18<sup>th</sup>

For the first three days of practice – NO PADS and there is NO CONTACT

Also, remember the limit on player participation is 10 quarters per week and only two games in a 48 hour period.

Players must have 12 days of practice before they can compete in the first contest

**Slide 29** NOW MOA info, Again this year, eight study clubs are required of all football officials.

You should have already received your National Federation Preseason Football Guide, which was sent with your rulebooks. The Football Guide is a great reference manual explaining rule changes, points of emphasis, and giving officials helpful tips.

This is a reminder to officials to review the MOA Handbook for important information that pertains to them. The MOA Handbooks will be sent to you soon, but you can see a copy of the information if you go to [mhsa.org](http://mhsa.org) and click on MOA then click on Handbook.

Also, MOA Policy requires that all officials must follow and use the mechanics and signals that are in the National Federation's Football Officials' Manual. We are trying to create consistency among all of the State's football officials.

**Slide 30** Next – an MOA Football Official Uniform Reminder

1. Black-and-white vertically striped, long or short-sleeved knit shirt shall be worn. The shirts shall have 1-inch stripes, a black knit cuff and Byron collar. All officials, in a given game, are to wear the same type shirt.
2. Standard, all-white tapered knickers shall be worn with a short overlap below the knee (not more than 4 inches). – No Black Wind Pants, which are seen on NFL Officials are allowed in the MOA. The MOA Regional Directors considered this option, but did not approve this option for Montana Officials
3. One-piece stockings with a modified northwestern stripe ( ½ inch white, ½ inch black, 1 inch white, ½ inch black, ½ inch white) are required. The width of the black showing below the knickers should be the same as the wide black band below the striping pattern.
4. Black football shoes with black laces are required. Shoes should be shined before each game. No White is allowed on any shoes for MOA Football Officials, and the NFHS Football Officials Manual Committee was very adamant about the requirement for completely black shoes.
5. Black baseball-style cap with white piping is required. For the purpose of identification, the referee shall wear a solid, white baseball-style cap.
6. A black leather belt 1 1/4 to 2 inches wide with a plain buckle shall be worn.
7. By state association adoption, a black-and-white vertically striped jacket when worn during the game.
8. By state association adoption, white officiating shorts (5-inch inseam) may be worn in place of the traditional knickers if worn by entire crew. If the shorts have loops, a black belt as described above is required. All officials, in a given game, are to wear the same type shorts.
9. The uniforms should fit properly and be clean and neat.

All officials must have the proper equipment; essentials are a whistle, penalty marker, blue or white bean bag (all members of the crew should use the same color) to mark non-penalty spots, game card, pencil and rubber bands or some device to keep track of the down number. The penalty marker shall be a light gold flag (15 inches x 15 inches) with a middle pouch weighted with sand or beans, etc. The linesman shall furnish a clipping device for use in measuring first downs.

**Slide 31** Class B division underwent a major alignment change last year. This alignment will have an effect on all Class B sports, including football for the 2008 Season. Class B went from 8 to 7 districts and 4 to 3 divisions. Also, the new districts, divisions and playoff brackets can be found on the football page of the MHSAs website at [www.mhsa.org](http://www.mhsa.org). This year in football there will be a total of 55 schools comprising 42 teams that will be competing.

**Slide 32** The other major changes for the 2008 football season happened to the divisions in Class C – 6 Player. There will be 5 New additions for the 2008 Football Season in 6 player. Big Sandy, Great Falls Central, Northern Cheyenne, Bridger and Grass Range/Winnett/Roy Coop are now participating in the 6 player league

Also, 2 Teams, Heart Butte and Fromberg, have been approved for Varsity Competition. These two teams did play a JV Schedule last year in six player.

The Updated Divisions and Playoff brackets can be found on the football page of the mhsa website at [www.mhsa.org](http://www.mhsa.org). Please note that because of the unequal number of teams in each division in six player, 5 teams will qualify for the playoffs from the Northern Division, 4 from the Southern and Eastern Division and 3 teams will qualify from the western division. Once again the bracket and seedings can be found on the mhsa website.

Lastly, the six player league continues to grow with 33 Schools and 29 Teams for the 2008 football season.

**Slide 33** Next, we would like to cover Safety Issues that Coaches need to be aware of.

Make sure that during the early season practices where there is Hot weather that you provide adequate hydration for all players. The MHSA has posted hydration guidelines on the football page our website for your review. These were developed by the National Federation of High Schools medical advisory committee.

Next, make sure you Have a protocol for dealing with on field injuries

Please take the time to insure that all players are wearing all required equipment and are not wearing illegal equipment. With coaches checking these issues before the game – we will have less infractions during the game. Cooperation between coaches and game officials is critical in regard to safety issues.

Also please warn the players and their parents of the inherent hazards of the sport. In your pre season parent and player meetings make sure these issues are discussed

Casts – later in this clinic more information will be provided about a new procedure for casts in games. Now the head coach should provide to the umpire written documentation from a licensed medical physician permitting a player to wear properly padded protection on the hand, wrist, forearm or elbow. Montana will no longer have a form for this, as the written documentation will be sufficient

Lastly, please make sure helmets fit well and have the NOCSAE stamp/warning on it.

**Slide 34** All athletic coaches (paid or volunteer) at all levels (frosh, jv, varsity) must take and pass the MHSA Coaches Education program.

The website is listed, and there is a new registration page on which a coach MUST sign in each time she/he enters the curriculum. The coach will either select or be assigned his/her own password that must be remembered. The testing curriculum will also be changed with each login. See the coaches' education website for more details.

The coaches education certification is good for three years and the MHSA strongly recommends that this certification be completed by all coaches before the start of the season.

If coaches haven't completed the program – the school and coach can be liable – since the program is mandatory. If an injury occurs at practice or during a game and a lawyer is contacted – the attorney will usually contact our office and ask two things – did the coach complete the annual rules clinic? And did the coach complete the mandatory coaches education program?

Schools are required to complete and send the Coaches Education Certification form, which lists all coaches and whether they have completed the program, to the MHSA or be subject to penalties if not submitted.

**Slide 35** New Language has been added to the all MHSA activity sections in the 2008-09 MHSA Handbook. The new language has to do with teams refusing to play and it states:

No school is required to take part in any contests or athletic events, but once entered, teams are obligated to participate in a contest or athletic event to its normal conclusion unless the contest is terminated by mutual consent of the school officials involved due to unusual weather or game conditions, or situations which could be hazardous to participants or spectators. Any coach is prohibited from unilaterally refusing to play.

If a school fails to complete contests or athletic events that they have entered, the violating school would be subject to penalties as deemed appropriate and necessary by the Executive Director.

**Slide 36** An MHSA rule that must strictly be enforced is the Alcohol and Tobacco Policy:

In the MHSA Handbook under the Rules and Regulations, Section 2 is the MHSA Drug/Alcohol Policy. The MHSA Prohibits the use and or possession of tobacco, alcohol or other mood altering drugs during competition. Violations will cause the coach or participant to be disqualified from further participation in that event.

Tobacco use at school events is unacceptable and these penalties will be enforced.

**Slide 37** Now, I would like to address the National Federation Football Rule Changes for the 2008 Season.

**Slide 38** This first changes is the rule 1-2-3a - The National Federation Football Rules Committee clarified that white is the recommended color for all field markings. The rule continues to allow the use of other colors for field markings, when appropriate. The reason for this change was that schools were marking their football fields with black, blue or other similar dark colors and officials, players and coaches were having a difficult time seeing the field markings.

**Slide 39** Another change to the lines and markings on a football field comes with the change to rule 1-2-3d. In an effort to aid game officials, a rule was passed last year requiring the use of a restraining line. It has now been determined by the National Federation Football Rules Committee that this line can either be solid or broken. It is recommended that a broken line be used and marked by placing 12-inch-long lines separated at 24-inch intervals.

A 4-inch-wide restraining line shall be placed around the outside of the field, at least 2 yards from the sidelines and end lines, as an extension of the line limiting the team box area, except in stadiums where the total playing enclosure does not permit. The reason for this update was to provide for recommended intervals at which the now required restraining line is to be placed around the outside of the football field.

Also see the Case Book: 1.2.3 SITUATION

**Slide 40** Next, a definition of the restraining line was added to the football rules book. As stated in the previous slide, in an effort to aid game officials, a rule was passed last year requiring the use of a restraining line.

Now this rule is in writing, instead of implied that only game officials are allowed in the area marked by the restraining line. No other individuals, including but not limited to, spectators, game administrators and members of the media, are allowed within the area marked by the restraining line. This now gives officials rules support to keep the area around the field clear of all people.

The restraining line still applies RULE 9-8-3, which states: A nonplayer shall not be outside his team box unless to become a player or to return as a replaced player. A maximum of three coaches may be in the coaches' area.

**Slide 41** This slide shows the proper field markings in Rule 1-2 for an 11 player football field. A larger diagram of the NFHS Football Field Diagrams for Eleven, Eight- and Six-Player will be in front of the 2008 NFHS Football Rules Book and also can be found on the football page of the MHSA website at [www.mhsa.org](http://www.mhsa.org). A key to this year's field marking updates is to note that the restraining line goes all the way around the football field.

**Slide 42** Several rules addressing player equipment were addressed this year by the National Federation Football Rules Committee, including additional requirements that the gear be unaltered. Rules 1-5-2b, d and h now state hip pads, tailbone protector, knee pads and thigh guards must not be altered from the manufacturer's original design/production. The committee also added the requirement that shin guards, if worn, must meet NOCSAE specifications.

The reason for these changes was there are concerns that players and coaches are altering mandatory equipment and, therefore, sacrificing safety by changing the original design of the manufacturer to protect the player.

**Slide 43** The other player equipment change for this year is to hand pads. A hand pad is now defined by the NFHS Football Rules Committee as a covering for the hand which may have separate openings for each finger and thumb, is absent of any web-like material between the fingers and /or thumb, and not covering each finger and thumb. However the committee voted to delay the implementation date for a mandatory securely attached label or stamp from 2008 to 2012.

The reason for this change was to date, standards have not been finalized and until that time, the implementation date was delayed. In addition, the NFHS Football Rules Book did not address the definition of a hand pad.

See Case Book: 1.5.2 SITUATIONS B and C

**Slide 44** Hats off to Montana!! Prior to the football rules committee meeting last January, Tom Oberweiser and the Billings football pools submitted a rule change to the MHSA Office to change a National Federation football rule. The rule proposal was analyzed by the football committee, and overwhelmingly passed with a 41-6 vote. Here is an explanation of this rule change:

This revision by the NFHS Football Rules Committee removes the option to carry over unused second-half time-outs into overtime. The NFHS-recommended Resolving Tied Games procedure continues to provide for one time-out per overtime period with the revisions stipulating that unused time-outs do not carry to subsequent overtime periods. Montana does follow the NFHS recommended overtime procedure.

RULE 3-5-1 now states each team is entitled to three charged team timeouts during each half. Unused first half time-outs cannot be used in the second half. Unused second half time-outs cannot be used in overtime. Once the referee has declared the fourth period has officially ended (Rule 3-3-5), all unused time-outs are lost.

This rule change clarifies that unused time-outs may not be carried over into the second half or overtime.

Also See Case Book: 3.5.1 SITUATIONS A and B

Nice job Tom and the Billings football pool on this proposal, and if anyone else – coaches or officials – would like to see future changes to the National Federation football rules, please submit your proposal in writing to me in the MHSA office.

**Slide 45** Another 2008 rule change dealing with time outs was addressed in rules 2-6-2a and 3-5-2a. Now, The head coach can now designate another coach for the purpose of requesting time-outs. The designee shall remain in place for the entire game, except in case of emergency. If the head coach is on the sideline or makes the decision to coach from the booth, the option to choose a designee is allowed.

The reason for this change is to provide the head coach the opportunity prior to the game, to designate a coach for the purpose of calling time-outs.

See Case Book: 3.5.2 SITUATION B

**Slide 46** Rule 3-5-2a – additional information

The head coach can now designate another coach for the purpose of requesting time-outs. As you can see in this slide, if a coach is disqualified or injured, the head coach may designate someone to request time-outs.

Rule 3-5-2a Note: The head coach's designee shall remain in place for the entire game except in case of emergency.

**Slide 47** The next change is in regard to rule 4-2-3 – Inadvertent whistle. The committee completely changed this rule and The new wording indicates the options available in a simpler form and makes the choosing of an option an easier process to understand. This revision by the NFHS Football Rules Committee clarifies the previous rule concerning the inadvertent whistle.

Here is how the new 4-2-3 will read:

An inadvertent whistle ends the down. Inadvertent whistles are administered as follows:

- a. The down shall be replayed if, during a down or during a down in which the penalty for a foul is declined, an inadvertent whistle is sounded while a legal forward pass or snap is in flight, or during a legal kick.
- b. The team last in possession may choose to either put the ball in play where possession was lost or replay the down if, during a down or during a down in which the penalty for a foul is declined, an inadvertent whistle is sounded while the ball is loose following a backward pass, fumble, illegal forward pass or illegal kick.
- c. The team in possession may choose to either accept the results of the play at the dead-ball spot or replay the down if, during a down or during a down in which the penalty for a foul is declined, an inadvertent whistle is sounded while the ball is in player possession.
- d. The penalty shall be administered as determined by the basic spot and takes precedence over inadvertent whistle administration if, during a down a live-ball foul occurs prior to the inadvertent whistle and the penalty is accepted.

**Slide 48** Next Multiple fouls rules 2-16-2e and 10-2-4. The NFHS Football Rules Committee has further refined rules regarding the penalty options for teams that score but were fouled during the play.

Rule 2-16-2e was clarified to better define a multiple foul and to stipulate that a team must foul twice during the same down to commit multiple fouls.

Rule 10-2-4 was clarified to state when two or more live-ball fouls (other than nonplayer or unsportsmanlike) are committed during the same down by the same team (multiple fouls), only one penalty may be enforced. The offended captain may choose which one shall be administered, or the captain may decline all penalties.

These changes allow for enforcement of both fouls when the opponent of the scoring team commits a foul on both a touchdown-scoring play and the subsequent try.

This rule change, basically editorial in nature, is due to the changes that have occurred over the years. With the 2007 rule change on penalties occurring on scoring plays, the Committee needed to re-write the provision regarding the enforcement of multiple fouls.

The 2008 NFHS preseason Guide has some excellent casebook plays to help understand this rule change.

**Slide 49** **Additional information in regard to the rule change for multiple fouls:**

Both penalties may be enforced on the subsequent kickoff as they did not occur during the same down.

**Rule 2-16-2e:** Multiple—two or more live-ball fouls (other than nonplayer or unsportsmanlike) committed during the same down by the same team at such a time that the offended team is permitted a choice of penalties.

**Rule 8-2-2:** If during a touchdown-scoring play in which there is no change of possession, the opponent of the scoring team commits a foul other than nonplayer or unsportsmanlike, the scoring team may accept the results of the play and have a penalty enforced from the succeeding spot or may choose to have the foul enforced on the subsequent kickoff.

**Rule 8-2-3:** If during a touchdown-scoring play in which there is a change of possession, the opponent of the scoring team commits a foul other than nonplayer or unsportsmanlike after the change of possession, the scoring team may accept the results of the play and have the penalty enforced from the succeeding spot or may choose to have the foul enforced on the subsequent kickoff

**Rule 10-2-4:** When two or more live-ball fouls (other than nonplayer or unsportsmanlike) are committed during the same down by the same team (multiple fouls), only one penalty may be enforced. The offended captain may choose which one shall be administered, or the captain may decline all penalties. When a team commits a nonplayer or unsportsmanlike foul during that same down, it is administered from the succeeding spot as established by the acceptance or declination of the penalty for the other foul.

In this slide, 1<sup>st</sup> b1 grasps but does not twist A1's facemask. Then A1 scores a touchdown. Then on the successful try, R1 roughs the kicker. Because of this rule change, both penalties may now be enforced on the subsequent kickoff as they did not occur on the same down.

**Slide 50** Next, Penalty enforcement on rule 8-2-2. Rule 8-2-2 was split into two Articles and was revised.

Rule 8-2-2 now states: If during a touchdown-scoring play in which there is no change of possession, the opponent of the scoring team commits a foul other than nonplayer or unsportsmanlike, the scoring team may accept the results of the play and have a penalty enforced from the succeeding spot or may choose to have the foul enforced on the subsequent kickoff.

The Rationale for Change is The 2007 rule change dealing with the penalty by opponents of the touchdown-scoring team was an effort to allow full enforcement of fouls rather than an option for a 1½ yard penalty. This rule change makes it clear that from the time the offense snaps the ball on a scoring play, or from the time the defense (or receiving team) gains possession of a ball on a play where they eventually score, if they are fouled prior to the ball becoming dead other than nonplayer or unsportsmanlike, the penalty can be enforced on the try, or on the subsequent kickoff.

See Case Book: 8.2.2 SITUATIONS A, B, C, D and E

**Slide 51** **Also, Rule 3-3-4b** was amended to clarify issues at the end of the half, and along with amendments to **Rules 8-2-2 and 8-2-3**, clearly stipulate that fouls by the opponent of the scoring team on the last timed down of the first half can carry over to the second-half kickoff, however fouls by the opponent of the scoring team on the last timed down of the second half cannot carry over to overtime.

- Slide 52** The next slide shows the diagram and explanation for second half situations. Once again, **Rule 3-3-4b** was amended to clarify issues at the end of the half, and along with amendments to **Rules 8-2-2 and 8-2-3**, clearly stipulate that fouls by the opponent of the scoring team on the last timed down of the first half can carry over to the second-half kickoff, however fouls by the opponent of the scoring team on the last timed down of the second half cannot carry over to overtime.
- Slide 53** Here is the new Signaling Sequence for Penalties Enforced on the Subsequent Kickoff:  
The NFHS Officials Manual Committee has approved a new procedure to be used on scoring plays involving a penalty by the opponent of the scoring team. The following is the procedure that is to be used by the referee:  
1 and 2. Referee gives preliminary penalty signal and indicates offending team.  
The referee then obtains the captain's choice.  
1 and 2. Referee gives penalty signal and indicates offending team again.  
3. If penalty is accepted and is to be enforced on the subsequent kickoff, the Referee indicates that the score counts.  
4. If penalty will be enforced on the subsequent kickoff, the Referee should indicate by pointing to midfield.  
The Back Judge in 5-person and the Linesman in 4-person, will repeat penalty signal and indicate offending team again by giving final signals, prior to stepping off penalty and prior to the subsequent kickoff.
- Slide 54** Next rule changes in rule 9-9 and the enforcement of the penalties. A New Rule 9-9-4; 9-9 Penalty: No player shall use a kicking tee in violation of Rule 1-3-4. Acceptance of this foul on a try or field goal will nullify any points scored, with the penalty enforced as a basic spot foul using the all-but-one principle.
- Also (Rule 9-9-3), 9-9 Penalty: Hiding the ball under the jersey will be enforced as a basic spot foul.
- NOTE: The fouls in Rules 9-9-3 and 9-9-4 are not charged to the coach or player for the purpose of unsportsmanlike conduct ejections.
- The reason for these changes in New Rule 9-9-4; With this change by the NFHS Football Rules Committee, the use of an illegal kicking tee will now be penalized as an unfair act committed by the player.
- The reason for the change with 9-9 Penalty: This change by the Committee makes this enforcement consistent with the all-but-one principle.
- See Case Book: 9.9.4 SITUATION
- Slide 55** A change was made in Rule 10-4-6 to close a gap in the current rule that refers to the team without the ball and, in 2007, applied this provision only to one team. The change allows the same enforcement for either team by defining the basic spot as the 20-yard line for this type of foul (15-yard line in eight- and six- player).
- Rule 10-4-6 now states: The basic spot is the 20-yard line for fouls by either team when the opponent of the team in possession at the time of the foul is responsible for forcing the ball across the goal line of the team in possession, and the related run ends in the end zone and is followed by a loose ball, regardless of where the loose ball becomes dead.
- This is a clarification on the original intent of the rule.
- See Case Book: 10.4.6 SITUATIONS A and B
- Slide 56** In this slide in the diagram in the left, B1 intercepts A1's pass in his own end zone. Then A2 grabs, but does not twist B2's facemask after the change of possession. B1 then fumbles and the ball rolls out of bounds in B's end zone. The basic spot is B's 20 yard line regardless of which team fouls in the field of play. The basic spot is also B's 20 yard line in the diagram on the right of this slide but in this case, the exact same situation occurs, except B2 grabs but does not twist A2's facemask.

**Slide 57** The last 2008 Rule change is to Rule 10-4-7, which helps clarify the basic spot on running plays for fouls by the opponent of the team in possession when the team in possession puts the ball in the end zone and subsequently, possession is lost.

Rule 10-4-7 now states: The basic spot is the goal line for fouls, which are committed during running plays by the opponent of the team in possession at the time of the foul when the team in possession is responsible for forcing the ball across its own goal line, and the related run ends in the end zone and is followed by a loose ball, regardless of where the loose ball becomes dead.

This clarification was made to ensure that if the opponent fouls during this specific loose ball play, the basic spot is the goal line.

See Case Book: 10.4.7 SITUATION

**Slide 58** And now the 2008 National Federation football editorial changes

**Slide 59** The next 5 slides list the rules references and a brief description to the football editorial changes that were made to the 2008 NFHS Football Rules Book.

**1-5-1a** To modernize the specificity as to chin strap attachment points.

**1-5-1f-1b** Clarified that the 5/32 inch or less platform is measured from the lowest point of the platform to the sole of the shoe.

**1-5-1f2** Clarified the rules language on non-removable cleats.

**1-5-3b** Permitted and non-permitted communication devices as in Rule 1-6-1 and 1-6-2 is noted.

**1-5-3c** A written directive from a licensed medical physician shall be provided to the umpire prior to the start of the game if a player has a cast.

One Editorial change to note on this page:

NFHS football Rule 1-5-3c now carries a requirement that, prior to the game, the head coach should provide to the umpire written documentation from a licensed medical physician permitting a player to wear properly padded protection on the hand, wrist, forearm or elbow. The previous wording implied that the notification could be verbal; the new language specifies that written document. Also, Montana used to have a specific form for players to present to allow participation with properly padded protection on the hand, wrist, forearm or elbow. This form has been discontinued and in the future the player will need to present a signed note from a medical physician.

**Slide 60** Additional football editorial changes that were made to the 2008 NFHS Football Rules Book.

**1-5-3l-3** Only one reference to the manufacturer is permitted on football jersey or pant (one on each item).

**1-5-4** Match rule to NFHS Officials Manual on players being legally equipped.

**1-6-1, 2** To provide for modernized specificity as to permitted and non-permitted communication devices.

**2-13-1** Clarify rules language on a fumble, kick or backward pass as it relates to Force.

**2-16-2h5** Clarifies R's options as it relates to Post-Scrimmage Kick.

**2-22** Further defined hurdling.

**2-29-1, 2, 3** Correct grammatical errors.

One to note on this page deals with rule 1-6-1 and 1-6-2 deals with permitted communication devices:

Forms of legal and illegal communication devices are better described in Rule 1-6-i. Audio recorders, Local Area Network (LAN) phones and/or headsets are allowed. Other devices, including but not limited to still photograph(s), film, analog or digital video(s) and/or Internet depictions shall not be used for coaching purposes during the game or between periods. In Rule 1-6-2, it is now noted that LAN phones or headsets may be used by coaches, other non-players and players. However, players may use the permitted phones and/or headsets only during authorized sideline conferences. Rule 1-5-3b was also modified to reflect the wording changes.

Slide 61 Additional football editorial changes that were made to the 2008 NFHS Football Rules Book.

- 2-34-3 (NEW) Further defined possession.
- 3-3-3a Clarification on untimed downs.
- 3-4-2 Clarified when the clock should be started on the succeeding down.
- 3-5-10c Revised current rules language on bleeding and blood on uniforms.
- 6-1 PENALTY Clarifies where the ball is to be spotted when a free-kick goes out-of-bounds.
- 7-2-5 Added the word "formation" to the description of Article 5.
- 7-3-2b Eliminated the duplicate word "to".
- 7-5-13 Clarified that it is not illegal touching by an ineligible if the pass is first touched by B.

Slide 62 Additional football editorial changes that were made to the 2008 NFHS Football Rules Book.

- Table 7-5 #4 Change Table to correct prior year omission due to rule change.
- 8-3-5b Clarification on succeeding spot.
- 9-4 PENALTY Revised the penalties to be in order with the articles and also to fix editorial error when helmet contact rules were consolidated.
- 9-9-1 Clarification on person(s) and unfair acts.
- 10-2-1, 2, 3, 4 Editorial re-write to further clarify Double and Multiple Fouls.
- 10-5-1g, h, i Added "Roughing the passer; Roughing the kicker or holder; and Roughing the snapper" to Article 1 under Special Enforcement Rules.
- Fundamentals**
  - X-8 Revised to match existing rules language.

Slide 63 And finally the remaining editorial changes for 2008. If you have any questions on these changes, please contact the MHSAA office

**9-, 8-, 6-player**

- NEW Rule 10** Correct an editorial omission from 2007 on the Basic Spot for 9-, 8-, and 6-player.
- Penalty Summary** Added "Unfair Acts" under Loss of 15 Yards.
- Football Signal #10** Changed signal description to "Toss Option Deferred".
- Football Signal #47** Changed signal description to "Disqualification".

Slide 64 Next, the 2008 National Federation football points of emphasis.

Slide 65 The first point of emphasis is in regard to MRSA and Communicable Skin Conditions:

Methicillin-Resistant Staphylococcus Aureus (MRSA) is a relatively new problem in our communities and in the sports world. However, it is an increasingly more common problem with potentially serious consequences. The risk to athletes can be reduced dramatically by proper preventive measures, early identification, precautions to minimize spread to team members and opponents, and quick and appropriate treatment. The NFHS Sports Medicine Advisory Committee (SMAC) has developed multiple position and policy statements on this topic and that of communicable skin diseases in general over the past few years. These can be found on the NFHS Web site under Sports Medicine. One of the very first pages of the NFHS football rules book deals with this issue.

In medicine, prevention is always considered the best treatment for any disorder, when possible. Basic hygienic principles are the foundation to help reduce/prevent the development and spread of these infectious diseases. Individual athletes need to shower after each event or practice, use their own soap or use a liquid soap from a dispenser and not community bar soap to shower, avoid sharing towels and other items, have all open wounds or abrasions evaluated by the coach or certified athletic trainer before each practice or competition, and use clean undergarments with each practice or contest.

**Slide 66** Next the purpose of a Football Helmet:

In almost all articles and publications regarding the proper use and fit of the football helmet, the focus has been on the coach and his/her obligation to inform players of the risks of serious and sometimes catastrophic injury when a player leads with the head during contact.

The rules against a player butting, ramming or spearing an opponent with the football helmet are there to protect that player, as well as the opponent.

A ball carrier using the helmet as a weapon to punish a tackler is seldom penalized but should be addressed just as most officials address the act of a tackler using the football helmet as a weapon to punish a ball carrier.

It is critical that officials penalize a player who uses the helmet as a weapon, whether a player is in the capacity of either a tackler or a ball carrier.

Coaches and officials must collaborate to protect the player by teaching proper techniques and penalizing improper use of the football helmet.

**Slide 67** Another 2008 POE is the Altering Legal Football Equipment:

Greater emphasis must be placed on the role coaches, officials and players have in not only wearing mandatory equipment as specified in the NFHS Football Rules Book, but in wearing it properly. Safety is everyone's responsibility.

Football equipment, such as knee pads, thigh pads and hip pads with tailbone protector shall be worn as manufactured and may not be modified. Similarly, coaches, officials and players must be aware of illegal equipment or adornments, as specified in the rules.

Officials should observe players during the game in an attempt to verify mandatory equipment is being properly worn. Prior to any snap or free kick, players having illegal or improperly worn equipment shall be required to immediately rectify the problem or leave the game and not return until they are compliant.

Officials who cannot verify compliance by participating players prior to the snap or free kick, must call a foul and penalize it, accordingly, if they see a violation during a down.

**Slide 68** Sideline Management and Control:

The NFHS Football Rules Committee feels that a review of the team box, the coaches' box, sideline control and management issues is necessary. Reports from the nation's playing fields suggest that sideline control needs continued improvement. Not only are coaches and others violating the rules, but officials are not consistently enforcing the rules! Congestion by non-players on the sidelines is also a problem as the media, boosters and others crowd, not only the sideline, but onto the playing field as well.

It is reported that team members and coaches are encroaching on the playing field during play resulting in more collisions between coaches and officials as well as team members obstructing officials' space on the sideline. Certainly, this is a safety concern for ALL! A number of coaches have had collisions resulting in serious injuries because non-players were so close the coaches couldn't get away from the play. It also is a logistical problem for officials who must have free access to the sidelines to effectively officiate their areas.

Rule 1-2 clearly offers complete parameters of the playing field, outside the field of play and surrounding area. Rule 9-8-3 emphatically specifies that only three coaches are allowed in the coaches' area, which is the two-yard belt between the 25-yard lines.

Consequences and penalties for team box and sideline violations are prescribed in the penalty section of Rule 9-8. There is a progressive component to the penalties for these violations, but they must be consistently enforced to be effective.

The covering official shall drop the penalty marker on each violation of Rule 9-8-3.

**Slide 69** Team Box, Coaches' Area and Sideline Management

Reminders for all coaches, officials, players, medical staffs, managers, statisticians, media, photographers and game administrators, rule 1-2-3d that now states No other individuals, including but not limited to, spectators, game administrators and members of the media, are allowed within the area marked by the restraining line. This now gives officials rules support to keep the area around the field clear of all people.

There are 3 rules that addressing sideline management

Rule 1-2-3g specifies the limits and parameters of the team box and coaches' area

Rule 9-8-3 clearly states that a maximum of three coaches may be in the coaches' area, which is the two-yard belt between the 25-yard lines.

Rule 2-6-2 outlines the process and dimensions for authorized conferences.

Also, Contest Administration Responsible for:

Protection of participants (players/coaches)

Game Officials

Spectators

And contest administration must provide:

Safe entrance/exits to field for participants and game officials

Separation of spectators from competing schools

Physical barriers so spectators cannot enter playing area

Adequate security personnel

**Slide 70** The final 2008 Point of Emphasis - False Starts, Shifts and Motion:

Offensive football alignments have become so diversified that more emphasis has to be placed upon legally starting a free kick down and a scrimmage down. There is not much that officials can do once a down is in progress except to call and penalize fouls that occur.

It should be a point of emphasis for all officials to make sure that a team starts a down legally. The areas that need to be given special attention are encroachment, illegal shifts, false starts and illegal motion.

A **false start** occurs if a player commits a shift or feigned charge simulating action at the snap.

A **shift** is a maneuver employed by the offensive team to take new set positions, and some type of shift is employed by the offense on almost every down.

Legal **motion** at the snap is allowed by rule as an offensive maneuver. Only one offensive player – either a back or a player on the end of the line, but no interior linemen – may be in motion at the snap, and then, only if such motion is not toward his opponent's goal line.

PlayPic:

-The shift depicted in the PlayPic is illegal. When the back (1) goes in motion and the quarterback then steps up under the center (2), it is a foul because the back had not been set for at least one-second.

**Slide 71** Some 2008 Football Rules Reminders:

**Slide 72** Beginning with the 2012 season visiting team's jerseys must be basically white. Home team's jerseys will also be restricted in the use of white.

**Rationale for Change:**

The issue of the football game jersey went through additional revisions in 2007 in order to provide manufacturers and schools with clarity of the specifications.

The revised specification still requires that the visiting team's game jersey essentially be white in color and contrast with the home team's game jersey.

Though the changes were minor in scope, the Committee extended the implementation date to 2012 to give schools an opportunity to make the necessary changes during the normal uniform rotation and replacement cycles over the next four seasons.

**Slide 73** The football jersey rule for the visiting team that becomes effective in 2012. Schools must plan for this Uniform change, and this information can be found on the football page of the MHSA website.

**Beginning in 2012, players of the visiting team shall wear jerseys that meet the following criteria:**

The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) shall be white and shall contain only the listed allowable adornments and accessory patterns in a color(s) that contrasts to white:

(a) as the jersey number(s) required in 1-5-1-c or as the team and/or player name within the body and/or on the shoulders,

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

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

(d) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any non-white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above.

**Slide 74** The football jersey rule for the home team that becomes effective in 2012. All of this information, and also pictures and descriptions of legal and illegal uniforms can be found on the football page of the MHSA website at [www.mhsa.org](http://www.mhsa.org)

**Beginning in 2012, players of the home team shall wear jerseys that meet the following criteria:**

The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) may not include white, except as stated below. If white appears in the body of the jersey of the home team, it may only appear:

(a) as the jersey number(s) required in 1-5-1-c or as the team and/or player name within the body and/or on the shoulders,

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

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

(d) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above.

**Slide 75** MANUFACTURER'S LOGOS Rule (1-5-3(I)2)

**In 2005 this change was made by the Football Rules committee.** Beginning this season, only one reference to the manufacturer permitted on jersey or pant (one on each item).

**Here are the reasons for this change:**

Intent when rule passed in 1998 to limit size of company logo.

Since that time manufacturers indicated their references are not their trademarks or logos.

Now clarifies only one company reference may be used.

Current size restrictions will apply.

**Slide 76** Mandatory Warm-up (Rule 3-1-1):

The game officials are responsible for ensuring that there is a three-minute warm-up period posted on the clock for use by the coaches immediately after the halftime intermission expires. The head coach is responsible for his team being on the field for mandatory warm-up time at the end of the scheduled halftime intermission.

Also, remember in Montana and standard 12 minute halftime was adopted last year. The only exceptions to this rule are homecoming and parents night. Half times will be 12 minutes followed by the mandatory 3 minute warm-up period

See Case Book: 3.1.1 SITUATIONS B and C

**Slide 77** HEAT AND/OR HUMIDITY – Officials Time-Out (Rule 3-5-7h):

This past year we experienced 9 football related deaths at the high school level and two of these were felt to be heat-related, according to statistics from the Annual Survey of Football Injury Research by Fred Mueller, Ph.D.

The NFHS, the NFHS Sports Medicine Advisory Committee and the NFHS Football Rules Committee continue to search for methods of education, rules, equipment and process change to minimize, if not, eliminate these heat-related deaths.

It is estimated that in hot and humid conditions, an athlete can lose five or more pounds of fluid through sweating in a matter of an hour. Drinking appropriate fluid is important in all sports and even normal activities of daily living.

Football players are at higher risk than others exercising in the heat because of the amount of equipment covering the body which decreases the body's ability to cool off by radiating heat from the skin surface.

Athletes should be educated regarding the risks associated with heat and dehydration on health and physical performance.

Coaches and medical staffs need to work with individual athletes to develop fluid-replacement strategies that optimize hydration status before, during and after exercise.

**Rule 3-5-7h**...An official's time-out occurs during a dead ball without a time-out being charged to either team:

h. For unusual heat or humidity which may create a health risk to the players.

**Slide 78** NFHS REMINDER – 2009 NFHS Football Rule Change Proposal Form:

ALL NFHS Football Rule Change Proposal Forms must first go through the state association office before it can be sent to the NFHS.

Only member state associations, members of the NFHS Football Rules Committee and the NFHS can submit football rule change proposal forms.

**Slide 79** After viewing this presentation, if you have questions or suggestions please email:  
bmichelotti@mhsa.org

Find the football section of the MHSА Handbook on the MHSА website at [www.mhsa.org](http://www.mhsa.org), then proceed to the football page

Please continue to the next screen to verify your completion of this clinic requirement.

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Thank you for viewing the 2008-09 MHSА/MOА Football Rules clinic. If I can be of any assistance during the year, please contact me. Have a great season!